

[FOOD THAT LOW IN CHOLESTEROL](#)



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Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.
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Foods That Are Low in Cholesterol CRESTOR

Fill your shopping cart with foods that are low in cholesterol. Different foods help lower cholesterol in different ways. Some are high in soluble fiber, which binds to cholesterol. Others have polyunsaturated fats, which help lower LDL. Still others contain plant sterols and stanols, which can block cholesterol absorption.
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Low Cholesterol Diet 10 Foods to Try WebMD

Life is too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for your cholesterol-friendly diet, but you want to avoid burnout.
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11 foods that lower cholesterol Harvard Health

Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis. At the same time, cut back on foods that boost LDL. Without that step, you are engaging in a holding action instead of a steady and tasty victory.
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Foods to Avoid for High Cholesterol WebMD

Naturally cholesterol-free and low-fat, fruits and vegetables are the foundation of a good diet. Whole grains: Oats, quinoa, barley, and whole wheat offer up fiber, complex carbohydrates, and protein.
<http://ebookslibrary.club/Foods-to-Avoid-for-High-Cholesterol-WebMD.pdf>

Low Cholesterol Fast Food Choices verywellhealth com

Fast food is convenient, tasty and economical. For years there were little to no heart healthy choices to be found. But thanks to public demand, there are now more lower-cholesterol options to choose from.
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