

[FOOD TO EAT WHEN YOU HAVE HIGH CHOLESTEROL](#)



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Foods to Eat and Avoid for High Cholesterol WebMD

You probably already know not to have too much canned soup and salty snack foods. Did you know it can also lurk in breads and rolls, cold cuts and cured meats, pizza, some chicken, and some fast-food sandwiches? You might be surprised how often it's found in frozen foods, too. When in doubt, read labels.

<http://ebookslibrary.club/Foods-to-Eat-and-Avoid-for-High-Cholesterol-WebMD.pdf>

What Foods Should You Eat if You Have High Cholesterol

Sterol-rich foods include wheat germ and oils like sesame, rice bran, corn and canola. Other good sources are peanuts, almonds, macadamia nuts, rye bread, Brussels sprouts and wheat bran. Some foods, such as sandwich spreads, are fortified with sterols. These are typically labeled in some way to let you know they contain added sterols.

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15 Foods to Avoid if You Have High Cholesterol TheStreet

Here's a list of the 15 worst foods to eat if you have high cholesterol. Tread lightly if you have a history of heart diseaseMCD

<http://ebookslibrary.club/15-Foods-to-Avoid-if-You-Have-High-Cholesterol-TheStreet.pdf>

Food Not to Eat If You Have High Cholesterol Livestrong com

If you have high cholesterol, you're not alone. Seventy-one million people in the United States have high cholesterol, according to the Centers for Disease

<http://ebookslibrary.club/Food-Not-to-Eat-If-You-Have-High-Cholesterol-Livestrong-com.pdf>

Best and Worst Foods for High Cholesterol Everyday Health

Eating can be tricky when you have high cholesterol, but you can learn which foods to indulge in and which to avoid.

<http://ebookslibrary.club/Best-and-Worst-Foods-for-High-Cholesterol-Everyday-Health.pdf>

Foods To Eat If You Have High Cholesterol That Health Rules

My previous post reviewed some principles regarding the kinds of fat we eat in the food. Now to simplify further and for us to easily remember let me

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Surprising foods you can eat if you have high cholesterol

Too much cholesterol can increase your risk for heart disease, so you may need to watch how you eat. But even if you have high cholesterol, you can still

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7 High Cholesterol Foods to Avoid Plus 3 to Eat Dr Axe

Not all high-cholesterol foods are bad, but many are. Here are the top seven high-cholesterol foods to avoid, along with three you can eat safely.

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How to Eat if You Have High Cholesterol and Diabetes

How can you improve your diet if you have both high cholesterol and type 2 diabetes? Learn how to eat to improve both of these conditions.

<http://ebookslibrary.club/How-to-Eat-if-You-Have-High-Cholesterol-and-Diabetes.pdf>

11 foods that lower cholesterol Harvard Health

If you have diabetes, a healthy you should try and add high-fiber foods to too changing what foods you eat can lower your cholesterol and

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High cholesterol foods Foods to avoid and include

While avoiding foods with high cholesterol content may be disease incidences have what-should-you-eat/fats-and-cholesterol/

<http://ebookslibrary.club/High-cholesterol-foods--Foods-to-avoid-and-include.pdf>

High Cholesterol Foods to Avoid on Your New Diet

If you're on a low-cholesterol diet, here's a list of foods that are high in cholesterol and saturated fat that you should limit or avoid altogether.

<http://ebookslibrary.club/High-Cholesterol-Foods-to-Avoid-on-Your-New-Diet.pdf>

What Is a Good Snack When You Have High Cholesterol

Introducing high-fat foods into your diet can constant and reduce the temptation to eat a high-cholesterol When You Have High Cholesterol?"

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