

[FOODS FOR LOWERING CHOLESTEROL](#)



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Cholesterol Lowering Foods Diet to Lower Cholesterol

"These foods may not be magic, but they're close to it," says Ruth Frechman, RD, a spokeswoman for the American Dietetic Association. Researchers have found that some foods -- such as fatty fish, walnuts, oatmeal, and oat bran, and foods fortified with plant sterols or stanols -- can help control your cholesterol.

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Bad cholesterol is known as LDL or low density lipoprotein. You should also consider your triglyceride levels. Total cholesterol levels should ideally be between 100-200 mg/dL for an adult. Diet plays an important part in your cholesterol levels. It can both raise and lower your numbers. Here are 12 LDL cholesterol lowering foods for you to enjoy. 1.

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Garlic is a delicious flavoring and a very widely used supplement. Some studies have found that consuming garlic can lower LDL cholesterol, while keeping

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13 Cholesterol Lowering Foods to Add to Your Diet Today

Here are 13 foods that have been shown to lower cholesterol in studies. Some of them also improve other risk factors for heart disease.

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5 5. Trout This fatty fish has great nutrition and health benefits. Trout is very high in omega-3 fatty acids, which act by lowering your levels of

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11 foods that lower cholesterol Harvard Health

Certain foods, such as beans, oats and whole grains, fatty fish, and fruits and vegetables that are high in fiber, can lower "bad" LDL cholesterol.

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Barley and wheat foods: influence on plasma cholesterol concentrations in hypercholesterolemic men. Am J Clin Nutr May 1991 vol. 53 no. 5 1205-1209. Joanne R Lupton, PhD, Michael Clayton Robinson, MS, RD, Janet L Morin, MS, RD. Cholesterol-lowering effect of barley bran flour and oil.

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