

## [FOODS THAT ARE GOOD FOR YOUR CHOLESTEROL](#)



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Eating the right foods can help you reduce your bad cholesterol and improve your good cholesterol, but it's not the only thing you should be doing to reach your desired levels. Here are some steps you can take: Get moving. Daily exercise is one of the best natural ways to boost your HDL. If you're new to exercise, start slow.

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### **12 Best Foods For Lowering Cholesterol ActiveBeat**

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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### **11 foods that lower cholesterol Harvard Health**

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. Add these foods to lower LDL cholesterol. Different foods lower cholesterol in various ways.

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### **Foods to Avoid for High Cholesterol WebMD**

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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

Low good HDL cholesterol and high triglycerides are also linked to increased you can lower this risk by incorporating certain foods into your diet.

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