GOOD FOODS FOR HIGH CHOLESTEROL



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Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils by Jan. 1, 2021. http://ebookslibrary.club/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf

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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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