

## [HEALTHY DIET FOR CHOLESTEROL](#)



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### **High Cholesterol Heart Healthy Diet WebMD**

If you have high blood pressure, high cholesterol, or a history of heart problems, you have a higher risk of heart attack and stroke. You can lower your risk by making this small change: At each meal, choose foods that are good for your heart. Most diets are based on foods you shouldn't eat.

<http://ebookslibrary.club/High-Cholesterol--Heart-Healthy-Diet--WebMD-.pdf>

### **High Cholesterol Diet Guidelines EatingWell**

Limit your intake of cholesterol from food to less than 300 mg per day. If your LDL is high, you have heart disease or you're taking a cholesterol-lowering medication, it's best to consume less than 200 mg of cholesterol per day. Foods high in cholesterol include liver and other organ meats, egg yolks and full-fat dairy products.

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### **Healthy Dips for a Cholesterol Lowering Diet**

Learn how to prepare healthy dips for a cholesterol-lowering diet, including salsas, bean dips, and homemade hummus.

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### **How to Lower Cholesterol with Diet MedlinePlus**

Limit foods with cholesterol. If you are trying to lower your cholesterol, you should have less than 200 mg a day of cholesterol. Cholesterol is in foods of animal origin, such as liver and other organ meats, egg yolks, shrimp, and whole milk dairy products. Eat plenty of soluble fiber.

<http://ebookslibrary.club/How-to-Lower-Cholesterol-with-Diet--MedlinePlus.pdf>

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