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Cholesterol Top foods to improve your numbers Mayo Clinic

The foods you eat can help improve your cholesterol. Here are some top choices.

<http://ebookslibrary.club/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

What to Eat if You Have High Cholesterol Cholesterol

Cholesterol aside, veggies are a necessity in any healthy diet. Vegetables, low in calories and rich in soluble fiber, are beneficial to heart health, help you maintain a healthy weight and may improve cholesterol levels. But some veggies pack a bigger nutritional punch than others.

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