

[HOW TO CONTROL HIGH CHOLESTEROL WITH DIET](#)



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Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Snack on air-popped popcorn or pretzels but keep track of the calories. If you crave something sweet, try sherbet or candies with little or no fat, such as jelly beans.

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Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%

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The purpose of cholesterol is to digest fat. That's why a high fat diet raises cholesterol if you eat more fat, you need more cholesterol to digest it. Some people, because of their genes, have livers that over-produce cholesterol no matter what they eat. If you are one of them, you will probably need medication to control your cholesterol even if you eat a very low fat, low cholesterol diet.

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How to Lower Cholesterol with Diet MedlinePlus

How can I lower cholesterol with diet? Heart-healthy lifestyle changes include a diet to lower your cholesterol. The DASH eating plan is one example. Another is the Therapeutic Lifestyle Changes diet, which recommends that you. Choose healthier fats. You should limit both total fat and saturated fat.

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