

[HOW TO LOWER YOUR BAD CHOLESTEROL](#)



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DAVID MONTGOMERY: The ways to reduce your bad cholesterol have a lot to do with your lifestyle. So your diet is really important. And although this kind of sounds trite, really one of the best and most effective ways to reduce cholesterol is by having a low fat diet, particularly saturated fat. We find saturated fat in eggs, dairy, and red meat.

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How to Raise Good Cholesterol and Lower Bad Cholesterol

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Understand the diet and lifestyle steps you can take to improve your cholesterol.

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How To Lower Cholesterol Naturally Prevention

If you're already eating plenty of the following foods that lower cholesterol naturally, keep up the good work!

But if your idea of eating well is to opt

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Cholesterol Top foods to improve your numbers Mayo Clinic

Can a bowl of oatmeal help lower your cholesterol? cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans,

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How to Lower Your Cholesterol wikiHow

Complex carbohydrates are rich in nutrients, such as vitamins, minerals, and fiber but they also help lower your cholesterol levels. In contrast, food high in simple sugars have been linked to elevated LDL cholesterol levels.

Good sources of complex carbohydrates include oat bran, legumes, cabbage, whole grain pasta, and corn.

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