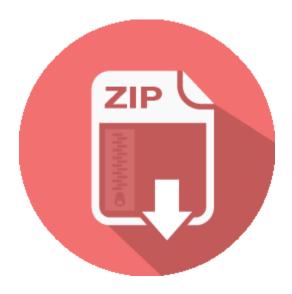
WHAT ARE THE BEST FOODS TO EAT TO LOWER CHOLESTEROL



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Cutting back on dietary fat and cholesterol is a great place to start in lowering your LDL, but ensuring you eat more of the right foods is also important. Read on to find out what types of foods can lower the LDL cholesterol and provide other heart health benefits.

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