

[WHAT CAN I EAT TO LOWER MY CHOLESTEROL](#)



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Almonds and other tree nuts can improve blood cholesterol. A recent study concluded that a diet supplemented with walnuts can lower the risk of heart complications in people with history of a heart attack. All nuts are high in calories, so a handful added to a salad or eaten as a snack will do.

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11 foods that lower cholesterol Harvard Health

The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis.

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Regular exercise may only slightly lower your total and LDL cholesterol levels, but it often does a very good job, in combination with a healthy eating plan like Pritikin, of helping you shed excess weight, which can dramatically improve your cholesterol profile.

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Choosing a healthy diet, low in saturated fat is important in helping to keep your cholesterol low but you can reduce your cholesterol levels further by including these six super foods in your every day diet. Super Food 1 - Soya Foods. Being naturally low in saturated fat, soya foods help lower cholesterol.

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Foods for Lower Cholesterol and Heart Health WebMD

Adding certain foods to your diet can help lower cholesterol Super Foods for Lower Cholesterol and Heart Health. and don t eat too much.

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Foods That Lower Cholesterol Everyday Health

11 Power Foods for Lower Cholesterol. baked goods helps lower high cholesterol, what you do eat is also can lower LDL and total cholesterol by

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