

## WHAT FOOD LOWER CHOLESTEROL



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### **11 foods that lower cholesterol Harvard Health**

Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%. 9. Soy.

<http://ebookslibrary.club/11-foods-that-lower-cholesterol-Harvard-Health.pdf>

### **20 Foods that Lower Cholesterol Very Healthy Life**

How can you lower it? First things first: What is cholesterol It s a waxy substance that your body uses to build cells, which is a good thing; however, when there s too much of it, it s a bad thing. Your body naturally produces the cholesterol you need, but it s also found in a lot of foods that you might be consuming on a daily basis. When you re taking in more cholesterol, especially in high amounts, there s an excess, which can be bad.

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### **The Best Foods to Lower Cholesterol The FH Foundation**

We all want to lower our cholesterol, and it seems that our doctors are constantly making recommendations for us to exercise, eat better, and perhaps even take medication.

<http://ebookslibrary.club/The-Best-Foods-to-Lower-Cholesterol-The-FH-Foundation.pdf>

### **Cholesterol Top foods to improve your numbers Mayo Clinic**

Studies have shown that whey protein given as a supplement lowers both LDL and total cholesterol as well as blood pressure. You can find whey protein powders in health food stores and some grocery stores.

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### **8 Foods That Help Lower Your Cholesterol Everyday Health**

My patients often ask me if there are any foods that can help with reducing high levels of low-density lipoprotein (LDL) cholesterol. This is the so-called "bad" cholesterol that can cause plaque

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### **Foods for Lower Cholesterol and Heart Health WebMD**

You may know that a bad diet can cause your cholesterol levels to climb. But keeping your numbers in check isn't just about avoiding burgers and fries. In addition to limiting the bad stuff, it

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### **Top 10 Cholesterol Lowering Foods myfooddata**

Cholesterol-lowering foods include oat bran, flax seeds, garlic, almonds, walnuts, whole barley, and green tea.

This is a detailed list of foods which lower bad LDL cholesterol, while leaving the good HDL cholesterol largely unaffected.

<http://ebookslibrary.club/Top-10-Cholesterol-Lowering-Foods-myfooddata.pdf>

### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

Here are 13 foods that have been shown to lower cholesterol in studies. Some of them also improve other risk factors for heart disease. Some of them also improve other risk factors for heart disease.

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