

[WHAT FOODS ARE GOOD TO EAT FOR HIGH CHOLESTEROL](#)



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When you think of cholesterol, you probably think of bad or high cholesterol. There s also a good type of cholesterol, though, that your body needs.

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Foods to Eat and Avoid for High Cholesterol WebMD

Plant sterol-enriched foods: Plant sterols and stanols are substances that help block cholesterol from being absorbed in your small intestine. They are found naturally in foods in only tiny amounts.

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11 foods that lower cholesterol Harvard Health

It's easy to eat your way to an alarmingly high cholesterol level. The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream.

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Cholesterol Top foods to improve your numbers Mayo Clinic

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.

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15 Foods to Avoid if You Have High Cholesterol TheStreet

Here's a list of the 15 worst foods to eat if you have high cholesterol.

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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>

What Food To Eat To Lower Cholesterol SymptomFind com

If you have high cholesterol, it s important to make sure that you get the proper foods in your diet to help lower those cholesterol levels. In this guide, we ll cover the foods you should eat and those you should avoid, as well as information about how to check your cholesterol levels.

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Got high cholesterol Here are five foods to eat and avoid

One caution is that half a cup of nuts contains about 400 calories (1600kJ), so you need to eat nuts instead of another food, or eat less each day but have them every day.

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