

WHAT FOODS TO EAT WHEN YOU HAVE HIGH CHOLESTEROL



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Foods to Eat and Avoid for High Cholesterol WebMD

Easier said than done, but try to limit how much of this you eat and drink. You probably know many of the usual suspects : soda, sweet tea, candy, cakes, cookies, and ice cream, among others.

<http://ebookslibrary.club/Foods-to-Eat-and-Avoid-for-High-Cholesterol-WebMD.pdf>

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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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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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.

<http://ebookslibrary.club/What-Food-To-Eat-To-Lower-Cholesterol-SymptomFind-com.pdf>

How to Eat if You Have High Cholesterol and Diabetes

Fiber is the indigestible part of plants. You eat it, it fills you up, but it doesn't add any calories. That's helpful for diabetes since many people with type 2 diabetes are also watching their weight.

<http://ebookslibrary.club/How-to-Eat-if-You-Have-High-Cholesterol-and-Diabetes.pdf>

High cholesterol foods Foods to avoid and include

While avoiding foods with high cholesterol content may be beneficial for some, the American Heart Association (AHA), National Heart, Lung, and Blood Institute (NHLBI), and Centers for Disease

<http://ebookslibrary.club/High-cholesterol-foods--Foods-to-avoid-and-include.pdf>

What You Shouldn't Eat With High Cholesterol OneHowto

Do you have high cholesterol and can't stop asking yourself what you should not eat? Having high cholesterol significantly increases your chances of developing heart problems, so good for you for looking for alternative foods to eat.

<http://ebookslibrary.club/What-You-Shouldn't-Eat-With-High-Cholesterol-OneHowto.pdf>

What Foods Should You Eat if You Have High Cholesterol

Eating a diet rich in fiber, fruits and vegetables helps to lower your cholesterol levels. Replacing foods high in saturated fat with foods containing unsaturated fat plays a role in lowering cholesterol as well, since saturated fat raises the level of bad cholesterol in your blood.

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High Cholesterol Heart Healthy Diet WebMD

Instead, take a positive approach and focus on foods that are good for you. Eat more vegetables, fruits, and whole grains. The fiber in these foods helps lower bad LDL cholesterol .

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7 High Cholesterol Foods to Avoid Plus 3 to Eat Dr Axe

Our bodies need cholesterol to thrive, but when we eat high-cholesterol foods, the levels can become too high. Over time, high cholesterol levels may cause heart and blood flow problems, leading to dangerous blood clots and inflammation that can cause heart attacks and strokes.

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