

## FOOD LOWER CHOLESTEROL%0A

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[11 foods that lower cholesterol - Harvard Health](#)  
Different foods lower cholesterol in various ways. Some deliver soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Some give you polyunsaturated fats, which directly lower LDL. And some contain plant sterols and stanols, which block the body from absorbing cholesterol.

[5 Foods That Lower Cholesterol Naturally - Health](#)  
5 Foods That Lower Cholesterol Naturally. Add these versatile foods to your diet for a healthier heart. Pulses are truly one of the most versatile food groups, since they can be consumed in

[Foods for Lower Cholesterol and Heart Health - WebMD](#)

[Super Foods for Lower Cholesterol and Heart Health](#). By John Donovan. From the WebMD Archives. You may know that a bad diet can cause your cholesterol levels to climb. But keeping your numbers in

[Low-Cholesterol Diet: 10 Foods to Try - WebMD](#)

Life's too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for your cholesterol-friendly diet, but you want to avoid burnout.

[Cholesterol-Lowering Foods: Diet to Lower Cholesterol](#)

To lower your cholesterol, you can actually eat more of certain foods. A handful of some "functional foods" have been shown to make a big impact on your cholesterol levels.

[17 Foods That Lower Cholesterol | Eat This Not That](#)

The same fibers that cause your oats to double in size overnight, beta-glucans lower bad cholesterol by forming a layer in the small intestine that blocks cholesterol from entering your bloodstream, according to a review in the journal Food & Function.

[Foods that lower cholesterol | Canadian Living](#)

Fortunately, you can choose to eat certain foods that will help lower cholesterol naturally, reducing the risk of a future heart attack or stroke. Dietary tips to keep your cholesterol levels within a normal range Switch from refined white grains to whole-grain items loaded with fibre. Look for the words "whole grains" or "100 per cent whole wheat" on your food labels. Breads, pastas and

[10 Foods to Help Lower Cholesterol | ActiveBeat](#)

The study monitored the effects of extra virgin olive oil on a group of 54 healthy male and female participants, for a total of 21 days and discovered that olive oil decreased LDL (bad) cholesterol by 11-percent. Interestingly enough,

the same study found that corn oil was able to lower total cholesterol by roughly 9-percent.