

## WHAT FOOD CAN I EAT TO LOWER MY CHOLESTEROL%0A

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[Foods That Lower Cholesterol | Everyday Health](#)  
Eating 5-10 grams (g) of soluble fiber every day, for example, can lower LDL and total cholesterol by 3 to 5 percent. Try this: Eat oatmeal for breakfast and sprinkle oat bran into low-fat or fat-free yogurt.

[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. At the same time, cut back on foods that boost LDL. Without that step, you are engaging in a holding action instead of a steady and tasty victory.

[10 Best Foods to Eat to Lower Cholesterol Naturally](#)

Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally.

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

A diet rich in the following ten heart-healthy foods can actually help you lower bad cholesterol 1. Fish. You might think that fatty fish like salmon, tuna or sardines is bad for the old ticker, but more seafood in your diet is actually good for your ticker. Why? Because fatty-fish filets of albacore tuna and salmon are rich sources of omega-3 fatty acids, which lower triglycerides.

[13 Foods That Lower Blood Pressure - Healthline](#)

Foods apart of a heart-healthy diet will help you manage your blood pressure. So take a look at our list, full of leafy greens and even chocolate, to start eating today.

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

These creamy fruits are a terrific way to get more healthy unsaturated fats into your diet. Research suggests that eating an avocado a day can help lower LDL cholesterol in overweight and obese.

[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.

[5 Tactics To Reduce Cholesterol Quickly | Pritikin](#)

That's a real problem in part because the more white, or refined, grains we eat, the fewer whole grains we tend to take in. Research has found that eating whole grains can

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help lower both total and LDL cholesterol, and improve heart health.

[What Foods Should I Eat to Lower My Cholesterol? - Video ...](#)

Now lots of things you can do besides exercise and sometimes medication to reduce your cholesterol but the most powerful of those tools is what you eat. I want to separate these food and the foods that hurt you with regard to cholesterol and food that might help you with regard to cholesterol.

[Cholesterol: Top foods to improve your numbers - Mayo Clinic](#)

Adding 2 grams of sterol to your diet every day can lower your LDL cholesterol by 5 to 15 percent. It's not clear whether food with plant sterols or stanols reduces your risk of heart attack or stroke although experts assume that foods that reduce cholesterol do reduce the risk.

[17 Foods That Lower Cholesterol | Eat This Not That](#)  
Eating the right foods is one of the most effective ways to lower or maintain healthy levels of your cholesterol. Nosh on these amazing foods to do right by your body. Nosh on these amazing foods to do right by your body.

[Eat to lower your cholesterol | Heart and Stroke Foundation](#)

As a rule of thumb, steer clear of highly processed foods, even if they are lower in fat content. Low-fat or diet foods are often loaded with calories, sodium and added sugar. Low-fat or diet foods are often loaded with calories, sodium and added sugar.

[12 Foods that Lower Cholesterol Daily Health Life Styles](#)

12 Foods that Lower Cholesterol Maintaining a healthy lifestyle is a challenge. After all, you work hard to eat small amounts of calories to avoid gaining weight, you eat a low-fat diet to protect your heart, and you avoid sugary treats to fight off diabetes, cancer, and heart disease.

[Food to Eat to Lower Cholesterol - nutrineat.com](#)

So, if your blood tests reveal high cholesterol levels, you should soon make changes to your diet. For better health, you need to lower your LDL and raise your HDL. This can be achieved by following a healthy diet. The following sections provide a list of foods to eat to lower your cholesterol to the normal range.

[I'm Taking These 4 Steps to Help Lower My Cholesterol](#)

Foods to avoid include fast food, red meat and other foods made with animal fat, highly processed snacks, trans fats, and full-fat dairy. Specifically, here's how I approach lo-co

ating: I eat