

## WHAT FOODS ARE GOOD FOR YOUR CHOLESTEROL%0A

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[HDL: 11 Foods to Increase Good Cholesterol - Healthline](#)

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.

[11 foods that lower cholesterol - Harvard Health](#)

Adding several foods to lower cholesterol in different ways should work better than focusing on one or two. A largely vegetarian "dietary portfolio of cholesterol-lowering foods" substantially lowers LDL, triglycerides, and blood pressure.

[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.

[11 High-Cholesterol Foods Which to Eat, Which to Avoid](#)

Cholesterol-rich foods are not all created equal while some like eggs and full-fat yogurt are nutritious, others aren't good for your health.

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

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. Plant sterols or stanols don't appear to affect levels of triglycerides or of high-density lipoprotein (HDL) cholesterol, the "good" cholesterol.

[20 Foods That Raise Your 'Good' HDL Cholesterol | Eat This ...](#)

[20 Foods That Raise Your Good Cholesterol](#). Exercise isn't the only way you can raise your good cholesterol you can also add these foods to your diet. By Caroline Weeks, RDN, LD October 15, 2018. By Caroline Weeks, RDN, LD, October 15, 2018. Do you dread opening up the white envelope of lab results after your annual physical only to discover a jumble of numbers, red ink, and arrows?

[The Worst Foods for Your Cholesterol - msn.com](#)

If your LDL levels are already high, eating foods rich in this type of fiber, such as beans, lentils, whole grains, oats, fruits, and veggies can help to lower your levels.

[11 Foods That Are Good for Your Liver - Healthline](#)

The liver is a powerhouse organ, performing a variety of tasks that are essential to maintaining good health. Eat these 11 foods for optimal liver health. The liver is a powerhouse organ.

[Foods That Lower Cholesterol | Everyday Health](#)

For some people, diet tweaks are enough to lower cholesterol naturally without medication, while others will need drugs, or a combination of diet and medication, from the outset, according to

#### 4 foods that boost good cholesterol - Best Health Magazine ...

These four super-foods increase your levels of high-density lipoprotein (HDL) or "good cholesterol," which will help lower your risk for heart disease 1 / 4 Salmon