

## WHAT FOODS TO EAT TO LOWER CHOLESTEROL%0A

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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 Cholesterol: Top foods to improve your numbers - Mayo Clinic

The foods you eat can help improve your cholesterol. Here are some top choices. The foods you eat can help improve your cholesterol. Cooking to lower cholesterol.

[13 Cholesterol-Lowering Foods to Add to Your Diet Today](#)

Eating oats may lower total cholesterol by 5% and bad LDL cholesterol by 7% . Barley: Also rich in beta-glucans and can help lower bad LDL cholesterol . Summary: Whole grains are linked to a lower risk of heart disease. Oats and barley provide beta-glucan, a soluble fiber that is very effective at lowering bad LDL cholesterol.

[12 Best Foods For Lowering Cholesterol | ActiveBeat](#)

Walnuts It may seem counterintuitive, but eating more fats can actually lower your cholesterol levels. 12 Best Foods For Lowering Cholesterol. By:

[Lower Cholesterol with Diet, Foods -- Go Red For Women](#)

Lowering your cholesterol can be easy when you know what foods to choose. Learn what foods to eat and avoid to help you maintain a heart-healthy diet.

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

10 Foods to Help Lower Cholesterol. By: Beans, beans the magical fruit the more you eat, the healthier your cholesterol levels will be!

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

We all know that butter, ice cream and fatty meats raise cholesterol, but do you know which foods can actually lower it?

[How To Lower Cholesterol Naturally | Prevention](#)

If you're already eating plenty of the following foods that lower cholesterol naturally, keep up the good work! (Here's what happens if you eat too many nuts.)

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

11 Foods to Increase Your the absorption of cholesterol in your body. Eat an ounce or two for a snack or help raise your HDL and lower your LDL cholesterol.

[7 High-Cholesterol Foods to Avoid \(Plus 3 to Eat\) - Dr. Axe](#)

Not all high-cholesterol foods are bad, but many are. Here are the top seven high-cholesterol foods to avoid, along

with three you can eat safely.

**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