

## FOODS THAT CAN LOWER CHOLESTEROL%0A

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[11 foods that lower cholesterol - Harvard Health](#)  
Changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Adding foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis, is the best way to achieve a low cholesterol diet.

[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.

[17 Foods That Lower Cholesterol | Eat This Not That](#)  
Animal studies suggest a chia-rich diet can lower harmful LDL cholesterol and protect the heart, and a recent study in The Journal of Nutrition found that when patients who were susceptible to cardiovascular disease ingested just 30 grams (about four tablespoons) of ground flaxseed daily, they could reduce circulating LDL cholesterol levels by 15 percent in as early as one month.

[Foods That Lower Cholesterol | Everyday Health](#)  
Eating 2 g a day can help lower high levels of LDL by 5 to 15 percent. Try this: You'll need to eat fortified foods to really reap the heart-healthy benefits of sterols and stanols.

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

My patients often ask me if there are any foods that can help with reducing high levels of low-density lipoprotein (LDL) cholesterol. This is the so-called "bad" cholesterol that can cause plaque.

[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

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

Here are 11 high-cholesterol foods some to eat and some to avoid. Dropping excess body weight is one of the best ways to lower cholesterol levels. It can reduce LDL while increasing HDL.

[What Foods Can Help Lower High Cholesterol?- Healthtopquestions](#)

What foods can help lower high cholesterol? If your cholesterol levels are high, it is more likely for you to have heart disease. Some drugs can help lower high cholesterol. Meanwhile, a healthy diet can also help a lot. Here are

some suggestions for you. Replace refined grains with whole grains. Whole grains are rich in fiber that is good to your heart health. These foods include oatmeal.

#### **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.