

BAD CHOLESTEROL FOODS

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[Foods to Eat and Avoid for High Cholesterol - WebMD](#)
A diet rich in fruits, vegetables, whole grains, beans, and good fats can help lower what's sometimes called bad cholesterol. You may hear your doctor call it LDL cholesterol.

[15 Foods to Avoid if You Have High Cholesterol - TheStreet](#)

Cholesterol is "a waxy, fat-like substance that's found in all cells of the body," the National Heart Lung and Blood Institute says. The body needs cholesterol to produce hormones, Vitamin D, and

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

LDL cholesterol has this reputation as a bad form of cholesterol because some LDLs are very small and can pass through the artery wall, becoming oxidized by free radicals. LDLs can also be oxidized or damaged by a diet of processed, refined and fried foods. It's oxidized cholesterol that's linked to the formation of plaque in the arteries.

[List of Foods With Good and Bad Cholesterol | Livestrong.com](#)

Saturated and trans fat and cholesterol from foods increase your bad cholesterol. Foods that can increase your bad LDL cholesterol are animal fats such as poultry skin, red meat fat, egg yolk and full-fat dairy. Trans fat is listed on food labels as partially hydrogenated oil. It is a man-made fat found in many processed foods such as bakery items, margarine, shortenings and fast food.

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

When you think of cholesterol, you probably think of bad or high cholesterol. But there's also a good type of cholesterol that your body needs.

[High-cholesterol foods: Foods to avoid and include](#)

The body needs cholesterol, but too much bad cholesterol can be harmful and is a major risk factor for heart disease and stroke. In this article, learn about the difference between HDL and LDL.

[What Foods Should You Avoid to Lower Your Bad Cholesterol?](#)

People trying to lower their bad LDL cholesterol levels should avoid foods that contain trans fats and saturated fats. These include foods such as butter, fatty meats, eggs, milk, coconut oil and palm oil.

[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.

LDL-Cholesterol - The "Bad" Cholesterol Explained
LDL-C is often called the bad cholesterol whereas HDL-cholesterol (HDL-C) is often termed the good cholesterol. The reason for this is that high levels of LDL-C are associated with increased risk of heart disease while high HDL-C is associated with less risk. Of course it is the same cholesterol.

Facts About LDL: The Bad Kind of Cholesterol - Healthline

Cholesterol is a waxy substance that circulates in your blood. Your body uses it to create cells, hormones, and vitamin D. Your liver creates all the cholesterol you need from fats in your diet.