

## FOOD TO 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.

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

[13 Cholesterol-Lowering Foods to Add to Your Diet](#)  
Written by Kerri-Ann Jennings, MS, RD on October 26, 2018 Heart disease is the world's leading cause of death. 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.

[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.

[17 Foods That Lower Cholesterol | Eat This Not That](#)  
Eat your heart out! And by that, we mean you should nosh on veggies of the same ruby red color, like radishes! Their red hue is due to anthocyanins, a group of phytochemical compounds that has been shown to burn fat and reduce inflammation, insulin resistance, and bad cholesterol.

[List of Foods That Lower Cholesterol Naturally](#)

[Foods that Lower Cholesterol Naturally for Lunch & Dinner](#)  
For lunch or dinner make legume dishes, dried beans, peas and lentils in tasty and hearty soups, stews and salads These foods mainly contains soluble fibre, phytochemicals, folic acid, vitamins A, C and E, beta carotene, carotenoids and isoflavonoids with a synergistic effect between vitamins C and E.

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

[8 Foods That Help Lower Your Cholesterol](#). By Arthur

Agatston, MD. Medically Reviewed by Lynn Grieger, RDN. From chocolate and red wine to beans and legumes, food and drink can help you get your

### Foods for Lower Cholesterol and Heart Health - WebMD

Continued Beans. Whether you choose pinto, kidney, or black varieties, beans are one of the best sources of fiber. For a one-two boost to heart health, replace meat in your diet with beans.