

LOWERING LDL CHOLESTEROL%0A

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[LDL Pictures: Lowering Bad Cholesterol With Food - WebMD](#)

Indulge a Little. Dark chocolate contains flavonoids, antioxidants that help lower LDL levels. Just make sure to eat in moderation, as chocolate is also high in saturated fat and sugar.

[Lowering LDL cholesterol - US News](#)

The culprit is LDL cholesterol low-density lipoproteins, the bad kind in their blood. Manufactured by the liver, cholesterol is a critical building block of cell walls, hormones, and digestive

[4 Simple Ways to Lower Your LDL Cholesterol](#)

In "Your Guide to Lowering Cholesterol With TLC," the National Heart, Lung, and Blood Institute notes that it is possible to reduce your LDL by 20 to 30 percent with a few simple changes in diet: Allowing less than 7 percent of calories to be from saturated fats can reduce LDL by 8 to 10 percent.

[Lower Your Cholesterol Fast With These 11 Easy Tips - WebMD](#)

They raise your LDL, lower your HDL, and increase your risk of developing heart disease and stroke, Steinbaum says. But it's hard to avoid them. They're found in fried foods, baked goods

[10 Natural Ways to Lower Your Cholesterol Levels](#)

For example, high levels of low-density lipoprotein (LDL) result in cholesterol deposits in blood vessel walls, which can lead to clogged arteries, strokes, heart attacks and kidney failure ().

[Top 5 lifestyle changes to improve your cholesterol - Mayo ...](#)

Reduce saturated fats. Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol.

[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.

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

Margarines and orange juice with added plant sterols can help reduce LDL cholesterol. Adding 2 grams of sterol to your diet every day can lower your LDL cholesterol by 5

to 15 percent. Adding 2 grams of sterol to your diet every day can lower your LDL cholesterol by 5 to 15 percent.

Lowering Cholesterol Naturally - 6 Tips | Pritikin ...

Lowering Cholesterol Naturally 6 Tips Here are 6 drug-free alternatives for lowering LDL (bad) cholesterol. To avoid a heart attack, research has found that a key strategy is getting LDL (bad) cholesterol way down.

10 Best Foods to Eat to Lower Cholesterol Naturally

Getting 5 to 10 grams of soluble fiber daily could help lower LDL cholesterol (the bad cholesterol that can build up in your arteries) by as much as 11 points, according to the National