

HEALTHY DIET TO LOWER CHOLESTEROL%0A

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[11 foods that lower cholesterol - Harvard Health](#)
Certain foods, such as beans, oats and whole grains, fatty fish, and fruits and vegetables that are high in fiber, can lower "bad" LDL cholesterol.

[10 Best Diet Plans for High Cholesterol - WebMD](#)
WebMD chooses the 10 best diets for high cholesterol. Biggest Loser Diet. You can lower your cholesterol while with a Heart-Healthy Diet.

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

Can a bowl of oatmeal help lower your cholesterol? How about a handful of almonds? A few simple tweaks to your diet along with exercise and other heart-healthy

[Low-Cholesterol Diet: 10 Foods to Try - WebMD](#)

On a diet to lower your 10 Foods to Break Your Low-Cholesterol Diet Rut. It's fine to rely on a few key heart-healthy foods for your cholesterol.

[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.

[13 Foods That Lower Blood Pressure - Healthline](#)

Foods rich in potassium, magnesium, and calcium can help you lower blood pressure. So what foods are good for high blood pressure, or hypertension? Foods apart of a

[1-Day Low-Cholesterol Diet Meal Plan: 1,200 Calories ...](#)

1-Day Low-Cholesterol Diet Meal Plan: healthy meals and snacks combine for a delicious day of eating to help lower cholesterol.

[Eat to lower your cholesterol | Heart and Stroke Foundation](#)

Eat to lower your cholesterol even if they are lower in fat content. Low-fat or diet foods are often loaded. However, to obtain those heart-healthy