

HOW TO REDUCE YOUR LDL CHOLESTEROL%0A

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

Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol the "bad" cholesterol. Eliminate trans fats. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.

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

Whether you want to lower your LDL or prevent your LDL from increasing, a few tips can help you keep it within a healthy range. Weight Loss and Diet Being overweight or obese not only places you at risk for developing high LDL levels, it can also contribute to heart disease and other chronic medical conditions.

[Lower Your Cholesterol in 11 Easy Steps - 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. But it's hard to avoid them.

[How to Lower Your LDL Cholesterol: 15 Steps \(with Pictures\)](#)

Steps. Part 1. Reducing LDL with a Balanced Diet. 1. Limit your intake of saturated fats. To lower your LDL cholesterol, limit the amount of saturated fats you eat by cutting down on meat and processed foods. Instead, focus on eating fruits, vegetables, and whole grains, like oats, which will help move cholesterol out of your body.

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

Nuts are high in polyunsaturated fatty acids, so almonds, walnuts, or pistachios can help reduce your LDL levels. Try sprinkling them on your salad, or eat them right out of hand as a snack.

[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

[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 .

[Cholesterol: How to Lower LDL without Medication](#)

Low-density lipoprotein (LDL) cholesterol is the most common form of cholesterol found in the body the next most common is high-density lipoprotein cholesterol and

due to the buildup of plaque in your arteries it can cause, is referred to as bad cholesterol.

Cholesterol: Top foods to improve your numbers - Mayo Clinic

A few simple tweaks to your diet along with exercise and other heart-healthy habits might help you lower your cholesterol. Oatmeal, oat bran and high-fiber foods
Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol.