

## LOW CHOLESTEROL FOODS TO EAT

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[Foods to Eat on a Low Cholesterol Diet - verywellhealth.com](#)

What's nice about a lipid-lowering diet is the variety of foods available to you to include in your meals. Following a diet to lower your cholesterol and triglycerides can give you a wide range of foods and tastes to enjoy whether you are wanting to prepare a vegetarian breakfast or an Italian-inspired dinner.

[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. Skip to content Search 17 Foods That Lower Cholesterol | Eat This Not That We aren't saying that changing your diet won't help you reduce your numbers. Eating the right foods is one of the most effective ways to lower or maintain healthy levels of your cholesterol.

[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.

[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.

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

10 Foods to Break Your Low-Cholesterol Diet Rut. By Matthew Kadey. From the WebMD Archives. Life's too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for

[Foods That Are Low in Cholesterol - CRESTOR](#)

The diet includes a variety of foods that are low in saturated fat, trans fat, and cholesterol. Here is the diet broken down by food groups: Here is the diet broken down by food groups: Breads/Cereals/Grains: Have 6 or more servings a day of whole-grain breads, cereals, pasta, rice, and potatoes.

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

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.

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

### Axe

To distinguish high-cholesterol foods that should be avoided vs. high-cholesterol foods that can still be consumed, the most important factor is inflammation. The foods that lead to weight gain and inflammation are the ones that should be eliminated from your diet in order to promote cardiovascular health.