

## FOODS THAT LOWER YOUR CHOLESTEROL

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### 13 Cholesterol-Lowering Foods to Add to Your Diet Today

Thankfully, you can lower this risk by incorporating certain foods into your diet. Upping your intake of these foods will put you on the path to a balanced diet and keep your heart healthy.

#### 11 foods that lower cholesterol - Harvard Health

It's easy to eat your way to an alarmingly high cholesterol level. The reverse is true, too: changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream.

#### Cholesterol-Lowering Foods: Diet to Lower Cholesterol

To lower your cholesterol, you can actually eat more of certain foods. A handful of some "functional foods" have been shown to make a big impact on your cholesterol levels.

#### Top 10 Foods to Lower Bad (LDL) Cholesterol

Best 10 Foods to Lower LDL Cholesterol Levels. Watch 10 foods to reduce LDL cholesterol naturally. How to decrease ldl cholesterol with food. List of foods to lower ldl cholesterol.

#### Foods That Lower Cholesterol | Everyday Health

11 Power Foods for Lower Cholesterol. Your ticker is begging you to eat these super heart-healthy foods, which could help lower your cholesterol as much some medication. High Cholesterol Try Dark

#### 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 heart-healthy diet will help.

#### 10 Foods to Help Lower Cholesterol | ActiveBent

You might've heard of some of these foods, or have seen them at your local grocery store, but have paid no mind to them.

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

Adding certain foods to your diet can help lower cholesterol if you do it correctly. Here's how to use foods effectively to bring down high cholesterol.