

LOWERING YOUR 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.

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

10 Natural Ways to Lower Your Cholesterol Levels
Written by Matthew Thorpe, MD, PhD on December 11, 2017
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Eat to lower your cholesterol Cholesterol isn't all bad news. Follow these tips to lower your cholesterol, the natural way. Share Facebook, Twitter, Email, share-print. Chances are, you've heard a thing or two about cholesterol. Having high blood cholesterol is a risk factor for developing heart disease. But did you know that you can reduce your cholesterol level by making smart food

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How to Lower Your Cholesterol. Cholesterol is an essential lipid that helps your body function properly. It has many functions including helping your glands make hormones, your liver to produce bile, and your cells to maintain their

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

Diet can play an important role in lowering your cholesterol. Here are some foods to improve your cholesterol and protect your heart. By Mayo Clinic Staff. 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 habits might help you lower your cholesterol. Oatmeal, oat bran, and high

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