

# 11 Foods to Lower CHOLESTEROL

01

Oatmeal is excellent soluble fiber rich food



Polyunsaturated fatty acid in Nuts lowers cholesterol

02

03

Omega-3 fatty acids in Salmon lowers cholesterol



Flax seeds are vegetarian source of Omega-3

04

05

Beans lower cholesterol including LDL



Mono unsaturated fats in Fruits & Vegetables help

06

07

Avocado raises HDL and lowers LDL



Garlic reduces cholesterol and prevents blood clots

08

09

Olive oil is full of monounsaturated fatty acids



Antioxidants in dark chocolates build HDL

10

11

Black Tea helps to reduce LDL



# Lowering Your Cholesterol

**DP Hallahan**



## **Lowering Your Cholesterol:**

## The Enigmatic Realm of **Lowering Your Cholesterol**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Lowering Your Cholesterol** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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