

Title:

Cholesterol And Diet

Word Count:

451

Summary:

Lowering your dietary intake of cholesterol is recommended to maintain overall good health. Ba

Limit the following in your diet:

Fats, especially saturated fats.

All foods containing partially hydrogenated vegetable oils (most margarines and baked goods.

Dairy fats, such as whole milk, cheese made with whole milk, butter, egg yolks, sour cream.

Vegetable oil and lard.

Beef, especially the less-lean cuts.

Alcohol.

Products made...

Keywords:

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Article Body:

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Alcohol.

Products made of refined sugars and flours.

Most animal fats and hydrogenated fats are solid at room temperature, and have more of the LDL

Instead, use these:

Fruits and vegetables, most of which are cholesterol-free, and which help lower cholesterol le

Whole-grain breads and cereals.

Low-fat or skim milk, yogurt, sour cream and cheeses.

Canola oil or extra virgin olive oil.

Chicken, turkey and fish.

Legumes and nuts.

Garlic

Margarines made of plant sterol esters, which help to lower cholesterol levels.

Foods high in fiber have the added benefit of helping to absorb and eliminate cholesterol from

Putting it into Practice

A change of lifestyle and eating habits can be very, very hard, especially if the habits are h

The most difficult change to make for many people is the elimination of refined sugars and flo

Make each step small and be patient, waiting for the change to become easy. It may take a year

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