

FOODS THAT ARE GOOD FOR YOUR CHOLESTEROL

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[HDL: 11 Foods to Increase Good Cholesterol - Healthline](#)

When you think of cholesterol, you probably think of bad or high cholesterol. There's also a good type of cholesterol, though, that your body

[12 Best Foods For Lowering Cholesterol | ActiveBeat](#)

Here are 12 LDL cholesterol lowering foods for you to have shown that eating egg yolks can lower high cholesterol by raising your good cholesterol.

[11 Foods That Are Good for Your Liver - Healthline](#)

The liver is a powerhouse organ, performing a variety of tasks that are essential to maintaining good health. Eat these 11 foods for optimal liver health.

[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.

[Foods That Are Surprisingly Bad for Your Cholesterol - WebMD](#)

This WebMD slideshow tells you which foods may raise your cholesterol Foods That Are Surprisingly Bad for Your good for lowering cholesterol.

[11 Foods That Are Good for Your Heart - verywellhealth.com](#)

The foods you eat can have an effect on your cardiovascular system. Try these heart-healthy foods that are easy to find in any grocery store.

[Best Foods for Your Heart - Health](#)

Add a bit of avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body. Related video: Avocado Toast, 4 Ways "Avocados are awesome," says Dr. Sinatra.

[The 25 Best Foods For Your Heart - prevention.com](#)

Like oranges, grapefruit contains a lot of vitamin C which, according to research, can help protect against stroke and helps reduce cholesterol. (If you're on heart medication, Viagra, or a statin like Lipitor, stay away from this juicy breakfast food, which contains a compound that has been shown to be toxic when mixed with the above meds.