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The DASH diet includes: plenty of fruits, vegetables, and whole grains nonfat or low-fat dairy lean proteins (such as fish, soy, poultry, beans)

Low-cholesterol, flavor-packed dishes Image zoom Eating a healthy diet doesn't mean the end of taste—just check out this collection of delicious low-cholesterol recipes.

Eat lots of vegetables and plant-based foods. Vegetables, pulses (such as peas, beans and lentils), fruits, nuts, seeds and whole grains are full of nutrients and good for your cholesterol and your heart. Eat a variety of healthy sources of protein such as peas, beans, lentils, fish, nuts, chicken and lean red meat.

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Your diet should include a mix of sources of fibre, which include: wholemeal bread, bran and wholegrain cereals fruit and vegetables potatoes with their skins on oats and barley pulses, such as beans, peas and lentils nuts and seeds

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Fiber is good for your cholesterol and keeps you feeling full longer. You'll also get nutrients like vitamins C and K, folate, and potassium. Serve it up: Unlike carrots, parsnips are almost always...

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Low-cholesterol diets don't have to be boring as this curried chicken from Mary Cadogan proves 35 mins . Easy . Trout en papillote. 9 ratings 4.2 out of 5 star rating. En papillote simple means cooking in parchment. This simple super-healthy dish both looks, and tastes great 45 mins . Easy ...

Cholesterol-friendly recipes - BBC Good Food

Just as important, a diet that is heavy on fruits, vegetables, beans, and nuts is good for the body in ways beyond lowering cholesterol. It keeps blood pressure in check. It helps arteries stay flexible and responsive. It's good for bones and digestive health, for vision and mental health.

11 foods that lower cholesterol - Harvard Health

Eat more fish Fish can be fatty or lean, but it's still low in saturated fat. Eat at least 8 ounces of non-fried fish each week, which may be divided over two 3.5- to 4-ounce servings. Choose oily fish such as salmon, trout and herring, which are high in omega-3 fatty acids.

Cooking to Lower Cholesterol | American Heart Association

Lower Cholesterol 101 Tuesday, 12 April 2011. lower cholesterol diet plan Fish and fish oils of tuna, herring, mackerel, trout, salmon not only lowers triglycerides, but also makes the blood slippery, with delay in clotting time, because of their omega- 3 content. People on estrogen, sulfa drugs, sleeping pills, and excess alcohol may need ...

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