

## DIET FOR HIGH LDL%0A

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Almonds and other tree nuts can improve blood cholesterol. A recent study concluded that a diet supplemented with walnuts can lower the risk of heart complications in people with history of a heart attack. All nuts are high in calories, so a handful added to a salad or eaten as a snack will do.

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[10 Foods for a Diet to Lower LDL Cholesterol - ALOT Health](#)

Making changes to your diet is a great way to help lower your LDL cholesterol levels. We take a look at ten foods that are especially beneficial in this area.

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If you have low HDL and high triglycerides, Diet for Low HDL & High Triglycerides, since you make LDL also called bad cholesterol

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People with elevated or high blood pressure (hypertension) can lower their blood pressure by eating a healthy diet.

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Why LDL-Cholesterol May Be Overestimated on a Low-Carb, High-Fat (LCHF) Diet. Posted January 2, 2017, by Axel F. Sigurdsson MD. Last modified May 23, 2018