

# Cholesterol Lowering Foods

<b>Legumes</b>	Legumes include lentils, beans, and peas. They contain a lot of fibre, minerals, and protein. Replacing some refined grains and processed meats in your diet with legumes can lower your risk of heart disease.
<b>Avocados</b>	Avocados are rich in nutrients. They contain significant amounts of monounsaturated fats and fibre, which are beneficial for reducing levels of "bad" LDL cholesterol and increasing levels of "good" HDL cholesterol.
<b>Nuts</b>	Nuts are highly nutritious, rich in monounsaturated fats and omega-3 fatty acids. They also contain L-arginine, phytosterols, and minerals that benefit heart health. Eating nuts daily, particularly walnuts & almonds, lowers cholesterol and reduces the risk of heart disease.
<b>Fatty Fish</b>	Fatty fish like salmon and mackerel are rich in omega-3s, promoting heart health and reducing the risk of stroke, by increasing HDL 'good' cholesterol and reducing inflammation. The Mediterranean diet, which incorporates fish, consumed at least twice per week, is known for its heart benefits.
<b>Whole Grains</b>	Whole grains are strongly linked to reduced heart disease risk. Eating three servings daily lowers the risk by 20%. Oats and barley are especially beneficial, lowering cholesterol levels.
<b>Fruits</b>	Fruit is beneficial for heart health due to its soluble fibre content and bioactive compounds. Pectin in fruits like apples and grapes lowers cholesterol. Berries and grapes are known to balance 'good' and 'bad' cholesterol.
<b>Garlic</b>	Garlic, a long-used ingredient and medicine, contains potent compounds like allicin. It may lower blood pressure and cholesterol levels, but larger amounts or aged supplements are often used for optimal effects.
<b>Soy Foods</b>	Soybeans, a legume, show potential for heart health. Recent analysis indicates reduced LDL and total cholesterol, and increased HDL.
<b>Vegetables</b>	Vegetables are crucial for a healthy heart. They provide fibre, antioxidants, and low calories for weight management. Pectin-rich options include okra, eggplants, carrots, and potatoes. Vegetables, particularly dark, leafy greens offer various plant compounds that protect against heart disease.
<b>Tea</b>	Tea, including green, black, and white, contains catechins and quercetin that improve heart health. They inhibit cholesterol, prevent blood clots, and lower inflammation.
<b>Extra Virgin Olive Oil</b>	Extra virgin olive oil is a key component of the Mediterranean diet. It balances cholesterol due to its monounsaturated fatty acids. Olive oil's polyphenols also combat inflammation associated with heart disease.