

5 Foods to Improve Your Cholesterol

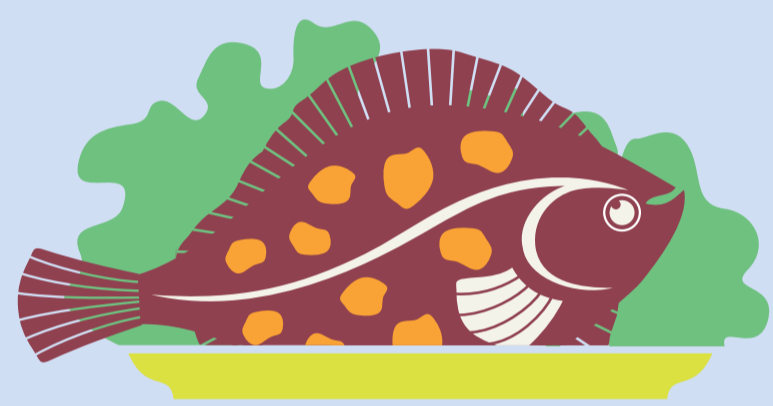
You probably know that choosing the wrong foods can raise your cholesterol—but did you know there are foods that can help lower your cholesterol, too? By reducing foods high in saturated fats and adding the foods below into your diet, you can help improve your heart health!

1 Oats

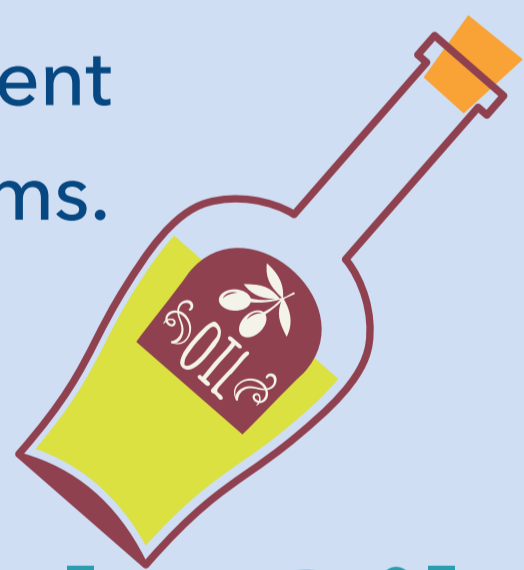


With 1-2 grams of soluble fiber, adding oats into your diet is a great way to help your heart! Try having oatmeal or an oat-based cereal in the morning to start your day off right.

3 Fatty Fish



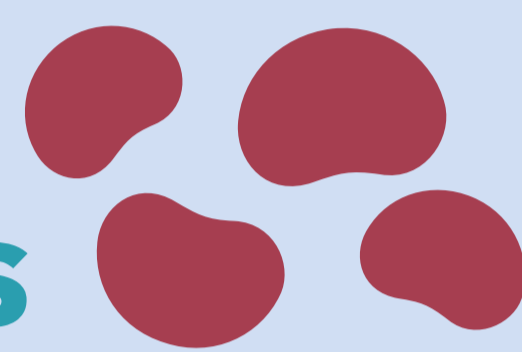
Eat fish 2-3 times per week to get your serving of LDL-lowering omega-3 fatty acids. This type of fat reduces triglycerides in your bloodstream and protects the heart by helping prevent abnormal heart rhythms.



5 Vegetable Oils

Cooking with avocado, olive, or canola oil is a healthy way to replace butter in your diet. Plus, these oils contain soluble fiber, which can reduce the amount of cholesterol in your bloodstream!

2 Beans



Rich in soluble fiber, beans keep you full for a while after you eat. With an endless variety to choose from, you could make low-fat red beans and rice, five-bean chili, or black bean soup for a heart-healthy meal!

4 Nuts



Numerous studies show the benefits of eating almonds, walnuts, and other nuts for heart health. Choose 2 ounces of raw or dry roasted nuts per day to bring the multitude of benefits from this food to your diet!

