

Foods that lower cholesterol - Add them to your diet menu now

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Foods that lower cholesterol are many and they play the most important part when one is on a diet for fitness. The new trend which is followed by every youth and adult is to be fit and fine. If you are not fit then but the level of fats and cholesterol increases which leads to some heart problems or some other. Patients who are diabetic or heart one should not include more oily and spicy food in their diet.

For a healthy physic you must have referred many books, articles from internet or from magazines but one never get a relevant diet plan or a workout. It is not necessary that if you want to be fit and fine with good physic then you have drag yourself to gym or any fitness center. Apart from the workout and exercises which helps to burn fats and decrease the level of cholesterol it is also necessary to have a foods that lower cholesterol. Many professionals must have recommended many diet plan and foods promising that your cholesterol level will be reduced.

Foods To Lower Cholesterol

The following are the diet plan or the foods that lower the cholesterol:-

- **Brown rice:** It is really a best option which helps to reduce the fats and cholesterol level. One has to forgive the white rice and add the brown rice in menu. This rice is rich in magnesium which relaxes the food and even the digestive system.
- **Brown bread:** Many people like to eat sandwich and are fond of bread. But if the consumption of white bread is more in daily routine then it is not good. As the brown rice helps even the brown bread also works on your body. This bread is made of wheat and which is very healthy for the body.
- **Garlic:** It is another option one can include more in their diet. Garlic's are not just to shoo away the evils but it helps more to reduce the blood clotting and purify the blood which helps to reduce the cholesterol level.

These are the top home products which one can include in diet but apart from this there are many foods that help to lower the cholesterol level.

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