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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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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.

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