

Foods that Lower Cholesterol

Wild Salmon



Brussel Sprouts



Oranges



Almonds



Hazelnuts



Pistachio



Dark Chocolate



Green Tea



Kidney Beans



Berries



Sweet Potatoes



Brown Rice



Alimentos que reducen el colesterol

Salmón Salvaje



Coles de Bruselas



Naranjas



Almendras



Avellanas



Pistachio



Chocolate Negro



Té Verde



Frijoles



Bayas



Camotes



Arroz Integral

