

Due to the high level of cholesterol in the blood, the risk of developing heart diseases and other health problems may increase. Here are what fruits can help to avoid this.

**Apples.** This is a good source of polyphenols and fiber. These substances just reduce cholesterol.

**Bone fruits.** They contain antioxidants of anthocyanins, flavonoids and carotenoids, which are useful for the heart. Due to the soluble fiber in these fruits, you will also reduce the level of harmful cholesterol in the blood.

**Mango.** Its regular use is associated with a smaller amount of cholesterol from food. One review showed that mango helps reduce the likelihood of developing heart disease and other chronic ailments.

**Citrus.** Orange, grapefruits and other citrus fruits can reduce blood cholesterol.

**Kiwi.** This fruit increases the level of useful blood cholesterol and reduces the level of harmful.



Illustration of Joules Garcia for very health

**Pear.** According to the results of the research, regular use of pears improves heart health, including reduces cholesterol.

**Berries.** In raspberries, strawberries, blueberries there are a lot of antioxidants and soluble fiber, which are vital for the heart.

**Grape.** It is rich in polyphenols that are useful for the heart and blood cholesterol.

**Avocado.** This fruit reduces cholesterol due to healthy fats and vegetable sterins.

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