

THE CHOLESTEROL FIBER PLAN

The Cholesterol-Lowering Fiber Plan

For anyone watching their LDL cholesterol who wants a simple, food-first way to bring the number down.

5 to 10 g

Soluble fiber a day
can lower LDL (Mayo Clinic)

1%

LDL drop per gram
of soluble fiber eaten daily

~10%

Lower LDL
from 2 g plant sterols a day

Fiber is not one thing. The type that lowers cholesterol is soluble fiber, which dissolves into a gel in your gut, binds cholesterol and the bile acids made from it, and carries them out of the body before they reach your blood. Mayo Clinic says 5 to 10 grams a day can measurably lower LDL.

What the evidence actually says

- 1 Mayo Clinic: 5 to 10 grams or more of soluble fiber a day can decrease your LDL cholesterol.
- 2 Harvard Health: soluble fiber binds cholesterol and its precursors in the gut and drags them out before they enter circulation.
- 3 A serving of oatmeal or oat-bran cereal supplies 3 to 4 grams of fiber; add fruit for more.
- 4 Beans and lentils are among the richest sources of soluble fiber.
- 5 Foods fortified with 2 grams of plant sterols a day can lower LDL cholesterol by about 10 percent.

Your 3-step plan

1 Step 1: Start Your Morning With Oats

A bowl of oatmeal or an oat-based cereal gives you 3 to 4 grams of fiber. Add berries or a sliced banana for another half gram or more.

2 Step 2: Put Beans on the Plate Most Days

Beans and lentils are among the richest soluble-fiber foods. Swap a few meat meals each week for a bean-based one.

3 Step 3: Stack Small Swaps

Barley, apples, pears, and sterol-fortified spreads each add a little. Mayo Clinic notes that combining several over time has a much greater effect than any one alone.

The safety line

This guide is educational and is not medical advice. If you take cholesterol medication, keep taking it and talk with your clinician before making changes. Add fiber gradually and drink water to avoid stomach upset.

Read the full article: <https://www.agelesscoach.com/articles/the-fiber-that-pulls-cholesterol-out-of-your-body>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.