



A 降低高胆固醇的饮食建议
Dietary Recommendation for lowering High cholesterol



一些水果，如：柑橘类水果、苹果和凤梨等，可以降低高胆固醇。
Some fruits, eg: Citrus fruits, apples & pineapples, etc can help to lower high cholesterol.

可以降低高胆固醇
can help to lower cholesterol.

High cholesterol (Hyperlipidemia) is a condition that occurs when levels of cholesterol in your blood are elevated enough to cause health problems, including heart disease and stroke. It may be caused by consuming too much cholesterol-rich foods like alcoholic beverages, greasy foods, processed foods & refined carbohydrates, etc. Topic: Ways to lower High cholesterol naturally! Learn more at this video link: <https://youtu.be/2jokeeQaKuU>