



C 降低高胆固醇该避免或减少摄取的食物
Foods to avoid Or Least intake for lowering High cholesterol

哪些食物需要避免或少吃以降低高胆固醇?
What foods to avoid or take less for lowering High Cholesterol?

哪些食物我们需要避免或少吃
What foods we need to avoid or take less

What foods may worsen High cholesterol? Learn more at this video link:

<https://www.youtube.com/shorts/vAIHQW6miV4>