

[IMAGE]

Strawberries Reduce Cholesterol

If you are concerned about your cholesterol levels, stock up on strawberries this summer. New research shows that strawberries are effective in reducing overall cholesterol.

According to a recent study published in PubMed, a group of healthy people were given 500 grams (about 18 ounces) of strawberries every day for 30 days. At the end of that time, numerous tests showed many benefits including "significantly reducing total cholesterol, low-density lipoprotein cholesterol and triglycerides levels."

The authors concluded that "strawberries consumption improves plasma lipids profile, biomarkers of antioxidant status, antihemolytic defenses and platelet function in healthy subjects, encouraging further evaluation on a population with higher cardiovascular disease risk." You may want to consider a trial of eating strawberries for a month if you have high blood pressure, high cholesterol or both.

Turns out strawberries are not only tasty, but an overall healthy treat for you to invest in.

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