

[IMAGE]

Legumes Can Lower Cholesterol

Do you have high cholesterol? By adding a few legumes to your diet can help. New studies reported this month showed that eating modest amounts of legumes — peas, chickpeas, beans and lentils — appears to reduce levels of LDL.

Researchers with the Canadian Medical Association Journal found that eating 4.5 ounces of cooked legumes — or about three-quarters of a cup — a day reduced LDL levels by about 5 percent compared to similar diets without them. Lowering LDL by that amount suggests a 5 percent to 6 percent reduction in heart attacks and other major cardiovascular events, the researchers noted.

Wondering what type of legumes you can add to your meals? Try beans and peas as well as other tasty legumes such as lentils. By increasing the intake of these legumes you can improve your overall cholesterol numbers and heart health.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=1966&no_paginate=true&no_b=true