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What to eat in winter in order to against cold? The food to eat in winter should not only be able to against cold, but also can prevent high calorie and high cholesterol. The following foods help you enjoy a warm winter with slim figure.

Grapes: Grapes, grape juice and wine contain resveratrol, a natural substance that can lower cholesterol. Experiments on animal have shown that resveratrol can lower cholesterol, as well as inhibit platelet aggregation, so grape is one of the best foods for patients with hyperlipidemia.

Milk: Milk is rich in whey acid and calcium, which can not only inhibit cholesterol deposition in the arterial wall, but also inhibit the activity of cholesterol synthesis enzyme, reduce cholesterol production.

Corn: Corn is rich in calcium, phosphorus, selenium and lecithin, vitamin E, etc., all of which have the effect of lowering serum and cholesterol. Almost no Indians suffer high blood pressure or coronary heart disease, which is mainly due to their corn-based food.

Apple: Apple because of its rich pectin, cellulose and vitamin C, has a very good lipid-lowering effect. If you stick to eat two apples a day for two months, for most people, the low-density lipoprotein cholesterol in the blood will reduce, while the high-density lipoprotein cholesterol that can benefit cardiovascular will rise. Experimental results have shown that about 80% of patients with hyperlipidemia will reduce cholesterol levels.

Garlic: Garlic is a mixture of sulfur compounds. It can reduce cholesterol in the blood and prevent the forming of blood clots, helping to increase high-density lipoprotein.

Leek: In addition to calcium, phosphorus, iron, sugar and protein, vitamin A, C, leek also contains carotene and a lot of fiber, which can enhance gastric motility, play a role of a good catharsis and help to get rid of excessive nutrients in the intestine including excessive fat.

Onion: Onion contains prostaglandin A, which has the effect of relaxing blood vessels and lowering blood pressure. It also contains a thin n-propyl trisulfide compounds and a small amount of sulfur amino acids. In addition to lowering blood pressure, it also can prevent atherosclerosis. People in their forties should eat more.

Mushroom: It can significantly reduce serum cholesterol, triglycerides and LDL levels. Regular consumption of this can make a relatively increase of high-density lipoprotein in the body.

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Tory likes playing online games, so he enters into a game company to work. He can find many interesting things and a [wow gold](#) there.

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