



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



多吃十字花科蔬菜因为有研究显示它含有一种化合物称为"吲哚-3-原醇", 有助于预防脂肪肝。  
Take more of cruciferous vegetables because studies showed that they contain a compound called Indole-3-carbinol which can help to prevent fatty liver disease.

因为有研究显示它含有一种化合物  
**because studies showed that they contain a compound**

What are the best foods for lowering High cholesterol? Learn more at this video link:  
<https://www.youtube.com/shorts/r2EHpQTcYds>