



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.

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because studies showed that they contain a compound

降低高胆固醇最好的食物有哪些? 按此视频链接以了解更多 : <https://www.youtube.com/shorts/r2EHpQTcYds>