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Presenter: BBC Two's Trust Me, I'm a Doctor

I'm Michael Mosely from BBC Two's Trust Me, I'm a Doctor.

Now in the new series we wanted to see if changing your diet could dramatically lower your cholesterol levels

So we got three groups of intrepid volunteers and asked them to try three very different diets.

One lot were asked to eat far less of cholesterol-rich foods.

The second group simply had to add lots more oats to their daily diet.

The third group had to eat lots of extra almonds.

Now I'm concerned about my own cholesterol levels, so I joined in, incorporating all of these recommendations plus a few others.

I wanted to see if by doing so I could lower my cholesterol levels as effectively as I can with statins.

So what did we discover? Which dietary changes were actually effective?