

CHOLESTEROL LOWERING FOOD GUIDE

CHOLESTEROL LOWERING FOODS TO EAT

Vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Eggplant
- Kale
- Peppers (Bell, Hot)
- Spinach



Lean Proteins

- Chicken Breast (skinless)
- Egg Whites
- Salmon
- Sardines
- Tuna
- Tofu
- Turkey Breast (skinless)
- White Fish (e.g., cod, tilapia)



Fruits

- Apples
- Avocados
- Bananas
- Blueberries
- Grapes
- Oranges
- Pears
- Raspberries
- Strawberries



Legumes

- Black Beans
- Chickpeas
- Edamame
- Kidney Beans
- Lentils
- Navy Beans
- Peas
- Pinto Beans
- Soybeans



Whole Grains

- Barley
- Brown Rice
- Buckwheat
- Bulgur
- Millet
- Oats
- Quinoa
- Rye
- Whole Wheat Pasta



Herbs and Spices

- Basil
- Cloves
- Cinnamon
- Garlic
- Ginger
- Oregano
- Parsley
- Rosemary
- Turmeric



Nuts and Seeds

- Almonds
- Chia Seeds
- Flaxseeds
- Hemp Seeds
- Peas
- Pistachios
- Sunflower Seeds
- Walnuts



Beverages

- Black Tea
- Green Tea
- Herbal Tea
- Lemon Water
- Soy Milk
- Unsweetened Juice (unsweetened)
- Sparkling Water (unsweetened)
- Water



CHOLESTEROL LOWERING FOODS TO AVOID

High-Sodium Vegetables

- Artichokes (canned in oil)
- French Fries
- Hash Browns
- Onion Rings
- Potato Chips
- Potato Vegetables
- Marbled Potatoes (with butter)
- Spinach (with added sugar)
- Sweet Corn (with butter)



Processed Meats

- Bacon
- Beef (Jelly salt)
- Hot Dogs
- Lamb (Jelly salt)
- Pork Sausage
- Sausim
- Sausages
- Smoked Turkey
- Spam Pile



Processed Fruits

- Coconut (dried, sweetened)
- Fruit in Heavy Syrup
- Grapefruit (in syrup)
- Mango (in syrup)
- Pineapple (in syrup)
- Plantains (fried)
- Pomegranate (sweetened)
- Raisins (in excess)
- Sugary Fruit Juices



High-Fat Dairy

- Butter
- Cheese (Full fat)
- Cream Cheese
- Full Fat Ice Cream
- Full Fat Milk
- Sour Cream
- Whole Milk
- Whipped Cream
- Yogurt (Full fat)



Processed Grains

- Bagels
- Biscuits
- Croissants
- Doughnuts
- Muffins
- Sugary Cereals
- White Rice
- Refined White Bread
- Pancakes (with butter and syrup)



Sugary Beverages

- Alcohol (excessive consumption)
- Chocolate Milk
- Coffee (with cream and sugar)
- Energy Drinks
- Flavored Latte
- Milkshakes
- Regular Soda
- Sweetened Iced Tea
- Sweetened Lemonade



Nuts and Seeds

- Bread Nuts
- Candied Nuts
- Cashews (in excess)
- Macadamia Nuts
- Salted Pumpkin Seeds
- Salted Sunflower Seeds
- Toast Nuts (with added sugar)
- Walnuts (in excess)



Unhealthy Fats and Oils

- Coconut Oil (in excess)
- Olive
- Lard
- Margarine (with trans fats)
- Palm Oil
- Shortening
- Tallow
- Hydrogenated Oils



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