

CHOLESTEROL LOWERING FOOD GUIDE

CHOLESTEROL LOWERING FOODS TO EAT

Vegetables

- Asparagus
- Broad Bean
- Brussels Sprouts
- Carrots
- Cauliflower
- Eggplant
- Kale
- Peppers (Bell, Hot)
- Squash



Lean Proteins

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



Fruits

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



Legumes

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



Whole Grains

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



Herbs and Spices

- Basil
- Chamomile
- Cinnamon
- Coriander
- Cumin
- Dill
- Garlic
- Herbs
- Peppermint
- Thyme



Nuts and Seeds

- Almonds
- Chia Seeds
- Flaxseeds
- Hemp Seeds
- Peanuts
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts



Beverages

- Black Tea
- Green Tea
- Herbal Tea
- Latent Water
- Skim Milk
- Unsweetened Juice
- Unsweetened Soda
- Water



CHOLESTEROL LOWERING FOODS TO AVOID

High-Sodium Vegetables

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



Processed Meats

- Bacon
- Beef (fatty cuts)
- Hot Dogs
- Lamb (fatty cuts)
- Pork Sausage
- Salami
- Sausages
- Smoked Poultry
- Spiced ribs



Processed Fruits

- Coconut (dried, sweetened)
- Fruit in Heavy Syrup
- Grappfruit (in excess)
- Mango (in syrup)
- Pineapple (in syrup)
- Pineapple (dried)
- Pomegranate (sweetened)
- Raspberries (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
- Cornflakes
- Croissants
- 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

- Roast 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)
- Shortening
- Lard
- Margarine (with trans fats)
- Palm Oil
- Shortening
- Tallow
- Hydrogenated Oils



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Low Cholesterol Vegetable Foods Preparation Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Low Cholesterol Vegetable Foods Preparation Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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