

# CHOLESTEROL LOWERING FOODS

## QUICK GUIDE

### FOODS TO EAT

### FOODS TO AVOID

#### FRUITS

Apples  
Avocados  
Bananas  
Blueberries  
Grapefruits  
Kiwis  
Oranges  
Pears  
Pomegranates  
Strawberries  
Tomatoes  
Watermelon



#### WHOLE GRAINS

Barley  
Brown rice  
Bulgur  
Oatmeal  
Popcorn  
Quinoa  
Rye  
Sorghum  
Spelt  
Teff  
Whole wheat bread  
Whole wheat pasta



#### PROTEIN

Anchovies  
Chicken breast (skinless)  
Cod  
Flounder  
Haddock  
Mackerel  
Salmon  
Sardines  
Shrimp  
Tilapia  
Tuna  
Turkey breast (skinless)



#### VEGETABLES

Asparagus  
Broccoli  
Brussels sprouts  
Carrots  
Cauliflower  
Eggplant  
Kale  
Okra  
Spinach  
Sweet potatoes  
Turnips  
Zucchini



#### LEGUMES AND NUTS

Almonds  
Black beans  
Chickpeas  
Kidney beans  
Lentils  
Lima beans  
Peanuts  
Pecans  
Pistachios  
Soybeans  
Walnuts  
White beans



#### HEALTHY FATS AND OILS

Almond oil  
Avocado oil  
Canola oil  
Chia seeds  
Flaxseeds  
Olive oil  
Pumpkin seeds  
Sesame seeds  
Sunflower oil  
Walnuts  
Wild salmon  
Whole olives



#### PROCESSED MEATS

Bacon  
Bologna  
Deli meats  
Hot dogs  
Pepperoni  
Pork sausages  
Salami  
Sausage links  
Spare ribs  
Summer sausage  
Turkey bacon  
Turkey sausages



#### HIGH-FAT DAIRY

Butter  
Cheese (Full-fat)  
Cream cheese  
Heavy cream  
Ice cream  
Sour cream (Full-fat)  
Whole milk  
Yogurt (Full-fat)  
Brie cheese  
Cheddar cheese  
Creamy sauces  
Ghee



#### PROCESSED SNACKS

Cheese puffs  
Crackers  
Granola bars  
Microwave popcorn (buttered)  
Nachos  
Potato chips  
Pretzels  
Snack cakes  
Tortilla chips  
Trail mix (with chocolate)  
Veggie chips (Fried)  
White bread



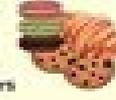
#### FRIED FOODS

Chicken nuggets  
Corn dogs  
Doughnuts  
Fried chicken  
Fried fish  
French fries  
Hazzarella sticks  
Onion rings  
Potato chips  
Tempura  
Tater tots  
Zucchini fries



#### BAKED GOODS

Biscuits  
Cakes  
Cookies  
Croissants  
Danishes  
Doughnuts  
Huffins  
Pies  
Scones  
Tarts  
Turnovers  
Waffles



#### HIGH SUGAR FOODS

Candy bars  
Chocolate milk  
Energy drinks  
Iced coffee  
Lemonade (Sweetened)  
Milkshakes  
Sports drinks  
Sugary cereals  
Sweetened iced tea  
Syrups  
Vitamin water (sweetened)  
Yogurt (sweetened)



DISCLAIMER: THIS FOOD LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS MEDICAL ADVICE. ALWAYS CONSULT WITH A HEALTHCARE PROFESSIONAL OR REGISTERED DIETITIAN BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIET, ESPECIALLY IF YOU HAVE UNDERLYING HEALTH CONDITIONS.

# Low Cholesterol Diet Guide

**J Elliott**



## **Low Cholesterol Diet Guide:**

This book delves into Low Cholesterol Diet Guide. Low Cholesterol Diet Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Low Cholesterol Diet Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Low Cholesterol Diet Guide
- Chapter 2: Essential Elements of Low Cholesterol Diet Guide
- Chapter 3: Low Cholesterol Diet Guide in Everyday Life
- Chapter 4: Low Cholesterol Diet Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Low Cholesterol Diet Guide. This chapter will explore what Low Cholesterol Diet Guide is, why Low Cholesterol Diet Guide is vital, and how to effectively learn about Low Cholesterol Diet Guide.

3. In chapter 2, this book will delve into the foundational concepts of Low Cholesterol Diet Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Low Cholesterol Diet Guide in its entirety.

4. In chapter 3, the author will examine the practical applications of Low Cholesterol Diet Guide in daily life. The third chapter will showcase real-world examples of how Low Cholesterol Diet Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Low Cholesterol Diet Guide in specific contexts. The fourth chapter will explore how Low Cholesterol Diet Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Low Cholesterol Diet Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Low Cholesterol Diet Guide.

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