

CHOLESTEROL LOWERING FOODS

FOODS TO EAT

QUICK GUIDE

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
Haddock
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)



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David Baud



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