

CHOLESTEROL LOWERING FOOD GUIDE

11.7 x 16.5 & 11 x 17

CHOLESTEROL LOWERING

FOODS TO EAT

VEGETABLES

- ASPARAGUS
- BROCCOLI
- BRUSSELS SPROUTS
- CARROTS
- CAULIFLOWER
- EGGPLANT
- KALE
- PEPPERS (BELL, RED)
- SPINACH



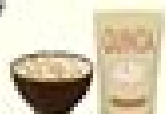
FRUITS

- APPLES
- AVOCADOS
- BANANAS
- BLUEBERRIES
- GRAPES
- ORANGES
- PEARS
- RASPBERRIES
- STRAWBERRIES



WHOLE GRAINS

- BARLEY
- BROWN RICE
- BUCKWHEAT
- BULGUR
- MILLET
- OATS
- QUINOA
- RYE
- WHOLE WHEAT PASTA



NUTS AND SEEDS

- ALMONDS
- CHIA SEEDS
- FLAXSEEDS
- HEMP SEEDS
- PISTACHIOS
- SUNFLOWER SEEDS
- WALNUTS



LEAN PROTEINS

- CHICKEN BREAST (SKINLESS)
- EGG WHITES
- SALMON
- SARDINES
- TEMPEH
- TOFU
- TUNA
- TURKEY BREAST (SKINLESS)
- WHITE FISH (E.G., COD, TILAPIA)



LEGUMES

- BLACK BEANS
- CHICKPEAS
- EDAMAME
- KIDNEY BEANS
- LENTILS
- NAVY BEANS
- PEA
- PINTO BEANS
- SOYBEANS



HERBS AND SPICES

- BASIL
- CILANTRO
- CINNAMON
- GARLIC
- GINGER
- OREGANO
- PARSLEY
- ROSEMARY
- TURMERIC



BEVERAGES

- BLACK TEA
- GREEN TEA
- HERBAL TEA
- LEMON WATER
- SOY MILK
- SPARKLING WATER
- WATER



FOODS TO AVOID

HIGH-SODIUM VEGETABLES

- ARTICHOKE (CANNED IN OIL)
- FRENCH FRIES
- HASH BROWNS
- ONION RINGS
- POTATO CHIPS
- PICKLED VEGETABLES
- WASHED POTATOES
- SQUASH (WITH ADDED SUGAR)
- SWEET CORN (WITH BUTTER)



PROCESSED FRUITS

- COCONUT (DRIED, SWEETENED)
- FRUIT IN HEAVY SYRUP
- GRAPEFRUIT (IN EXCESS)
- MANGO (IN SYRUP)
- PINEAPPLE (IN SYRUP)
- PLANTAINS (FRIED)
- RAISINS (IN EXCESS)
- POMEGRANATE (SWEETENED)
- SUGARY FRUIT JUICES



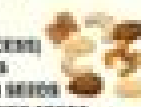
PROCESSED GRAINS

- BAGELS
- BISCUITS
- CROISSANTS
- SOUSNUTS
- MUFFINS
- SUGARY CEREALS
- WHITE RICE
- REFINED WHITE BREAD
- PANCAKES



NUTS AND SEEDS

- BRAZIL NUTS
- CANDIED NUTS
- CANDIERS (IN EXCESS)
- MACADAMIA NUTS
- SALTED PUMPKIN SEEDS
- SALTED SUNFLOWER SEEDS
- TRAIL MIX (WITH ADDED SUGAR)



PROCESSED MEATS

- BACON
- BEEF (FATTY CUTS)
- HOT DOGS
- LAMB (FATTY CUTS)
- PORK SAUSAGE
- SALAMI
- SAUSAGES
- SKIN-ON POULTRY
- SPARE RIBS



HIGH-FAT DAIRY

- BUTTER
- CHEESE (FULL-FAT)
- CREAM CHEESE
- FULL-FAT MILK
- SOUR CREAM
- WHOLE MILK
- WHIPPED CREAM
- YOGURT (FULL-FAT)
- FULL-FAT ICE CREAM



SUGARY BEVERAGES

- ALCOHOL
- CHOCOLATE MILK
- COFFEE (WITH CREAM & SUGAR)
- ENERGY DRINKS
- FLAVORED LATTES
- MILKSHAKES
- REGULAR SODAS
- SWEETENED ICED TEA
- SWEETENED LEMONADE



UNHEALTHY FATS AND OILS

- COCONUT OIL (IN EXCESS)
- OILS
- LARD
- MARGARINE (WITH TRANS FATS)
- PALM OIL
- SHORTENING
- HYDROGENATED OILS



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RJ Shavelson

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1. Understanding the eBook Low Cholesterol Food Guide
 - The Rise of Digital Reading Low Cholesterol Food Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Low Cholesterol Food Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Low Cholesterol Food Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Low Cholesterol Food Guide

- Personalized Recommendations
- Low Cholesterol Food Guide User Reviews and Ratings
- Low Cholesterol Food Guide and Bestseller Lists
- 5. Accessing Low Cholesterol Food Guide Free and Paid eBooks
 - Low Cholesterol Food Guide Public Domain eBooks
 - Low Cholesterol Food Guide eBook Subscription Services
 - Low Cholesterol Food Guide Budget-Friendly Options
- 6. Navigating Low Cholesterol Food Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Low Cholesterol Food Guide Compatibility with Devices
 - Low Cholesterol Food Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Low Cholesterol Food Guide
 - Highlighting and Note-Taking Low Cholesterol Food Guide
 - Interactive Elements Low Cholesterol Food Guide
- 8. Staying Engaged with Low Cholesterol Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Low Cholesterol Food Guide
- 9. Balancing eBooks and Physical Books Low Cholesterol Food Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Low Cholesterol Food Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Low Cholesterol Food Guide
 - Setting Reading Goals Low Cholesterol Food Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Low Cholesterol Food Guide

- Fact-Checking eBook Content of Low Cholesterol Food Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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