

Lowering Cholesterol

Specific Foods to Include to lower cholesterol:

- Oatmeal, Barley – contain soluble fiber
- Dry Beans such as kidney, pinto, navy, black, white, lentils, garbanzo, etc. – contain soluble fiber and other heart-healthy micro- and phyto-nutrients
- Lots of Fruits and Vegetables – contain soluble fiber and an array of phytonutrients
- Garlic – contains healthy phytonutrients
- Nuts – contain healthy fats, including monounsaturated and omega-3s
- Avocado – contains monounsaturated fat
- Soy Foods – Tofu, soy milk, edamame, etc. – contain soy protein, omega-3 fats, phytonutrients and fiber
- Salmon, Tuna – contain omega-3 fats
- Green and Black Tea – contain powerful phytonutrients, antioxidants and polyphenols
- Grapes, blueberries, blackberries, cranberries, black currant, onion, legumes, parsley – contain polyphenols
- Wheat Germ – contains fiber, omega-3 and phytosterols
- Flaxseeds/Flaxseed Oil – contains omega-3 fat
- Olive Oil – contains monounsaturated fat
- Fortified plant sterol & stanol products such as margarine spreads like Benecol, Take Control, Smart Balance Heart Right; Minute Maid Heart Wise Orange Juice, Nature Valley Healthy Heart Chewy Granola Bars
- Pomegranate – heart-healthy phytonutrients and antioxidants

Food Components to Include:

- **Soluble fiber** – found in oat bran, fruit, legumes (dry beans), barley, wheat
- **Monounsaturated Fats** – olive oil, canola oil, avocado, peanuts, pistachios, almonds
- **Omega 3s** – salmon, tuna, herring, sardines, halibut, mackerel, soy products, flaxseed/flaxseed oil, walnuts, chia seeds, hemp seeds, quinoa, wheat germ

- **Plant sterols & stanols** – peanuts, almonds, avocado, vegetables, fruits, legumes, cereals, oils & fortified products

Remember to:

***Keep calories in check, limit sugar & refined carbohydrates (white bread, pasta, rice, etc.)**

***Achieve Healthy Weight**

***Exercise**

***Do Not Smoke**