Foods for Lower Cholesterol

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# Tasks:

☐ **Eat Foods High in Soluble and Dietary Fiber**

☐ **Oatmeal, oat bran, and high-fiber cereals**

*Say yes to ;soluble ;fiber! Filling and delicious, oatmeal is a great way to start your day. Make sure it's whole oats and not instant or quick-cooking! Mix it up! Try it with plain yogurt or skim milk. Add berr*

☐ **Apples**

*Refreshing, crisp, and full of soluble fiber that will help fill you up while keeping cholesterol down.*

☐ **Whole grains**

*Whole wheat pasta, whole grain bread, and brown rice are all great options. Bored with rice? Try barley instead.*

☐ **Beans**

*Also high in soluble fiber, eating just a cup of beans per day can help lower cholesterol. Eat at least four times a week for best results. Best beans are chickpeas, navy beans, lentils and black beans. Add to soups, chili's and salads to add bulk*

☐ **Blueberries**

*Rich in antioxidants and vitamins, blueberries are a sweet and healthy topping alternative to yogurts and cereals. Or eat them alone as a natural sweet treat.*

☐ **Soy Products**

*Soy milk, tofu, and soya beans are best. Be wary of certain soya products like those found in cereal's or soy meats - they can be overly processed and lacking in nutritional value.*

☐ **Eat Foods Rich in Omega-3's**

☐ **Fish**

*Full of Omega-3's, fish is a great meat substitute that has less fat and more health benefits. Salmon is one of the best fish-fare options, but trout, ;mackerel, herring, tuna and halibut are also great. If you don't like fish, you can try a supple*

☐ **Walnuts and Almonds**

*Unsalted, plain nuts can help reduce blood cholesterol, while jazzing up everything from salads to cereals. All nuts are high in calories, though, so eating a handful a day (or sprinkling on your favorite dishes) should suffice.*

☐ **Ground Flaxseed**

*Sprinkle on cereals and salads or even add to your coffee.*

☐ **Eat Healthy Fats**

☐ **Olive Oil**

*This oil has the good fat! ;Substitute ;olive oil for canola, corn oil and butter.*

☐ **Avocados**

*Rich in monosaturated fat, this green fruit has been shown to raise "good" HDL's.*

☐ **Sunflower seeds**

☐ **Olives**

☐ **Unsalted nuts and Nut Butters**

*Use in moderation! Try 1-2 Tablespoons of almond butter on whole-grain toast or with an apple.*

☐ **Include these flavor boosters**

☐ **Garlic**

*Mince or dice fresh garlic, and add to your favorite dishes. The breath is worth the benefits! Not a fan? Ask your doctor about the best garlic supplements.*

☐ **Cinnamon**

*Even just 1 tsp a day can help decrease LDL. Add to oatmeal, coffee, or baked goods.*

☐ **Ginger**

*This zesty spice can also help relieve an upset stomach and ;nausea.*

☐ **Tumeric**