

Foods for Lower Cholesterol

By Lauren Meir

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 berry

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.

Turmeric