

CHOLESTEROL LOWERING FOODS

QUICK GUIDE

FOODS TO EAT

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
Mackerel
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



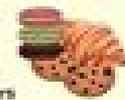
FRIED FOODS

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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Table of Contents Low Cholesterol Diet Food Guide Pyramid

1. Understanding the eBook Low Cholesterol Diet Food Guide Pyramid
 - The Rise of Digital Reading Low Cholesterol Diet Food Guide Pyramid
 - Advantages of eBooks Over Traditional Books
2. Identifying Low Cholesterol Diet Food Guide Pyramid
 - 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 Diet Food Guide Pyramid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Low Cholesterol Diet Food Guide Pyramid
 - Personalized Recommendations

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

- 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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