

# 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



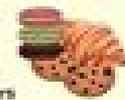
#### FRIED FOODS

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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# Low Cholesterol Food Guide Pyramid

**RJ Shavelson**



## **Low Cholesterol Food Guide Pyramid:**

**Atlas of Atherosclerosis** Peter W.F. Wilson,2013-11-11 We are in the early years of a new millen Tremendous interest is now focused on nium and atherosclerotic disease is now the characteristics of atherosclerotic thought to underlie more adult deaths plaques as we recognize that many clinical than any other disease on the planet The coronary events are attributable to unstable lifetime burden of risk is high and lesions that do not cause severe stenoses but Framingham data suggest that approxi are prone to rupture and precipitate angina mately 50% of men and 30% of women pectoris or a myocardial infarction A vari will experience coronary heart disease ety of factors are under study to help deter during their lifetime This process begins mine what affects the balance between at a young age and autopsies of casualties plaque stability and instability Some of this from the Korean and Vietnam wars as well research is fueled by the fact that therapy for as accident victims in more recent times dyslipidemia often has effects that are not have shown that fatty streak lesions are related to the lipoprotein cholesterol alter very common in young adults Recent ations but stem from the pleiotropic effects research has extended these pathologic of such medications on hematologic and studies to investigate the dynamics and inflammatory mechanisms milieu that foster the creation of these The current volume focuses on the early lesions [Concepts in Fitness](#)

[Programming](#) Robert G. McMurray,2019-06-11 Concepts in Fitness Programming presents comprehensive material about various aspects of exercise testing and prescription in a simple straightforward manner Intended for individuals who design exercise and fitness programs but who lack extensive background in fitness training this book provides a wealth of knowledge beyond the basic how to s **Handbook of Nutrition and Food** Carolyn D. Berdanier,Johanna T. Dwyer,Elaine B. Feldman,2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original

*Health Care Food Service Systems Management* Catherine F. Sullivan,Courtney Atlas,1998 This practical text offers a systems approach to health care foodservice management Part I introduces the reader to the principles of the systems approach to management Part II presents foodservice systems in sequential order to correspond with the flow of resources through the various departments Each chapter contains behavioral objectives keywords suggested classroom and clinical assignments and test items for developing evaluation tools An instructor s manual is provided **Diabetes Cookbook For Dummies** Alan L. Rubin,2011-02-08 The fun and easy way to eat a well balanced diabetic diet Want to create healthy meals that are diabetic friendly This revised and updated third edition of Diabetes Cookbook For Dummies shows you how easy it can be to manage diabetes through diet including the latest information on diabetes testing monitoring and maintenance as well as delicious new recipes and nutritional information This edition also includes a new section that focuses on vegetarian dishes and a new chapter on encouraging a Type 1 diabetic child to eat properly Features changes in fat carbohydrate and

protein recommendations that parallel the recommendations of the American Diabetes Association regarding meal plans Includes new ideas about restaurant eating including new menu items at fast food locations as well as revised tips on food shopping and setting up the diabetic kitchen Offers 100 new and revised diabetic recipes Complete with ways to involve children in meal planning and preparation Diabetes Cookbook For Dummies will help you improve your diet and your health

**Menu Solutions** Sandra J. Frank,Robert E. Baker,1996-06 This reference and recipe book for institutional foodservice and health care professionals includes the principles of planning modified diets as well as 400 regular and special diet recipes which can be prepared in large 50 or small 4 quantities

**Designing Crops for Added Value** Charles Franklin Murphy,David M. Peterson,2000 Today adding value is more than adding yield or other agronomic traits of interest primarily to the producer Adding value is meeting the need of a customer who is willing to pay more to receive a uniform and distinct cultivar with assurance of more oil more protein more malt better amino acid composition unique fatty acid composition longer shelf life better color new uses etc Individual experts share their work with a common thread being the design production and marketing of new cultivars with specific traits

*Obesity War* United States. Congress. Senate. Committee on Commerce, Science, and Transportation,2014

*The All-New Diabetic Cookbook* Kitty Maynard,Lucian Maynard,1998-09-12 Included are traditional recipes from appetizers to desserts and new vegetarian recipes using a variety of rice grains and vegetables With recipes for children it is the perfect book for young and old alike A complete guide to healthy eating The All New Diabetic Cookbook includes up to date and easy to understand information on eating out traveling and stress management In addition it provides the ADA s new exchange lists and nutrition recommendations Developed by a team uniquely qualified both in the medical care of those with diabetes and in cooking and meal planning The All New Diabetic Cookbook includes menu plans that accommodate several levels of caloric intake from 1 000 to 3 000 calories per day A detailed nutritional analysis of each dish including the number of calories and percentage of calories that come from fat follows each recipe Beautifully illustrated with full color photographs and containing more than 400 recipes The All New Diabetic Cookbook is a book doctors will recommend to their patients It is a thorough revision of *Cooking for Diabetics* which has sold over 100 000 copies

Healthy School Lunch Action Guide Susan Campbell,1994

**Designing Crops for Added Value** ,2000

**Betty Crocker's Healthy New Choices** Betty Crocker,Lastbetty Crocker,1999-11 Features four hundred recipes suitable for every lifestyle and includes nutrition information quick and easy meals and ways to introduce healthy food into daily life

**Present Knowledge in Nutrition** Ekhard E. Ziegler,Lloyd J. Filer,1996

Everything Dieting Sandra K Nissenberg,2003-01-01 Accompanied by a diet journal this resource provides readers with the tools necessary for losing weight safely and effectively discussing such issues as determining your ideal weight setting goals and planning rewards

**Nutrition Education Resources & Bibliography** ,1993 Contains a sampling of the available nutrition education materials and resources Includes examples from a variety of media Intended for use as a source of nutrition

education materials by teachers food service employees school administrators in Ohio public school districts and others

**Fat Reduction** Arline McDonald,1996      **The Clinician's Handbook of Preventive Services** ,1994      **The Gale Encyclopedia of Science** K. Lee Lerner,Brenda Wilmoth Lerner,2004 This six volume set covers all major areas of science engineering technology mathematics and the medical and health sciences while providing a comprehensive overview of current scientific knowledge and technology Consisting of alphabetically arranged entries it provides a user friendly format that makes the broad scope of information easy to access and decipher Entries typically describe scientific concepts provide overviews of scientific subjects and define terms Longer entries conclude with a bibliography The 4th edition has been completely updated and includes more than 75 new entries on key scientific topics in the news including DNA databanks Crime Scene Investigations Internet Search Engines Podcasts Weapons of Mass Destruction Wireless Communications and much more      *Core Concepts in Health* Paul M. Insel,Walton T. Roth,Kirsten Price,2002 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR      Nutrition Assistant Essentials Barbara Acello,2005 In response to the Federal Rule allowing long term care facilities to use paid Nutrition Assistants to supplement the feeding services of CNA s Delmar has developed the perfect training product Nutrition Assistant Essentials The content covers all the federal requirements and the Instructor s Manual includes curriculum for both and 8 hour and 16 hour training course

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