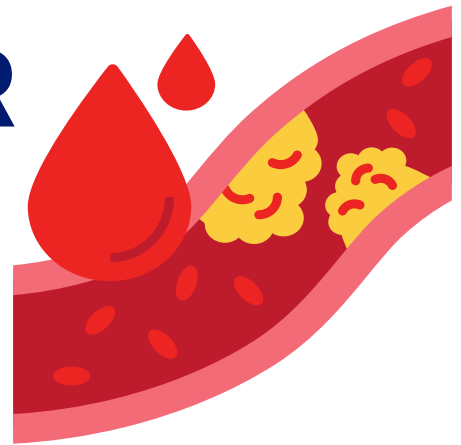


# LOWERING YOUR CHOLESTEROL

Foods to eat and foods to avoid in your diet when lowering your cholesterol



## FOODS TO EAT

- ✓ High fiber foods like oats, beans, eggplant, barley and other whole grains.
- ✓ Almonds, peanuts, walnuts and other nuts.
- ✓ Vegetable oils like canola and sunflower in place of butter, lard or shortening.
- ✓ Apples, grapes, strawberries or other citrus fruits that are high in pectin (a type of soluble fiber that lowers LDL).
- ✓ Soy, including tofu and soy milk.
- ✓ Fish in the place of other dark meat.

## FOODS TO AVOID

- ✗ Trans fats often found in processed snacks like cookies, crackers and chips.
- ✗ Fast food, especially oils and fried foods high in sodium.
- ✗ Processed meats like sausage, bacon, bologna and hot dogs.
- ✗ High-fat cuts of beef like loin, T-bone, tenderloin, brisket, rib-eye and flank steak.
- ✗ Desserts like cake, ice cream pastries and cookies.
- ✗ Dairy products made from whole or reduced-fat milk.