

Low Cholesterol Diet Food List

LOW CHOLESTEROL DIET FOOD LIST

Fruits & Vegetables: (Aim for a variety of colors for maximum nutrients)

List fruits and vegetables

Whole Grains: (Whole grains can help lower bad cholesterol)

List whole grains

Legumes: (Rich in fiber and protein)

List legumes

Nuts & Seeds: (Eat in moderation due to high-calorie content)

List nuts and seeds

Fatty Fish: (Rich in omega-3 fatty acids)

List fatty fish

Lean Meats: (Choose skinless and trim visible fat)

List lean meats

Dairy Alternatives or Low-Fat Dairy: (Limit full-fat dairy products)

List dairy alternatives or low-fat dairy

Healthy Oils: (Use in moderation for cooking or dressings)

List healthy oils

Herbs & Spices: (Natural ways to add flavor without added salt or fat)

List herbs and spices