

High Cholesterol Diet Chart

Patient Information	Details
Full Name	
Date of Birth	
Gender	
Contact Number	
Address	

Medical History & Related Questions	Response	Notes
Previous diagnosis of high cholesterol?		
Family history of heart disease?		
Current medications		
Known allergies		
Dietary restrictions		

Dietary Recommendations	Foods to Increase	Foods to Decrease
Fruits and Vegetables	Berries, Leafy greens, Apples, Pears, Citrus fruits	Canned fruit with syrup, Fruit juices, Fried vegetables
Whole Grains	Oats, Quinoa, Barley, Brown rice, Whole grain pasta	White bread, Pastries, Processed cereals, Refined flour products
Proteins	Legumes, Fish, Skinless poultry, Tofu, Tempeh	Red meat, Processed meats, High-fat dairy products, Fried meats
Fats	Avocados, Nuts, Seeds, Olive oil, Fatty fish	Trans fats, Saturated fats, Butter, Lard, Palm oil

Dairy	Low-fat options, Almond milk, Soy milk, Low-fat yogurt	Full-fat cheese, Cream, Whole milk, Ice cream
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Sample Meal Plan	Breakfast	Lunch	Dinner	Snacks
Option 1	Oatmeal (1 cup) with blueberries (1/2 cup) and almonds (10 pieces)	Quinoa salad (1 cup) with mixed vegetables (1 cup)	Grilled salmon (4 oz) with steamed broccoli (1 cup)	Greek yogurt (1 cup) with honey (1 tbsp)
Option 2	Whole grain toast (2 slices) with avocado (1/2 sliced)	Lentil soup (1 bowl) with a side of mixed greens (1 cup)	Stir-fried tofu (1 cup) with brown rice (1/2 cup) and mixed veggies (1 cup)	Apple slices (1 medium apple) with peanut butter (2 tbsp)
Option 3	Smoothie with spinach (1 cup), banana (1), and flaxseed (1 tbsp)	Turkey wrap with whole grain tortilla (1) and veggies (1/2 cup)	Baked chicken (4 oz) with sweet potato (1 medium) and asparagus (1 cup)	Carrot sticks (1 cup) with hummus (1/4 cup)
Option 4	Scrambled eggs (2) with salsa (1/4 cup) and whole grain toast (1 slice)	Grilled vegetable panini on whole grain bread (1 sandwich)	Baked cod (4 oz) with quinoa (1/2 cup) and green beans (1 cup)	Mixed nuts (1/4 cup)
Option 5	Greek yogurt (1 cup) with granola (1/4 cup) and mixed berries (1/2 cup)	Chicken salad (1 cup) with mixed leafy greens (2 cups) and vinaigrette dressing (1 tbsp)	Vegetarian chili (1 bowl) with avocado (1/4) and brown rice (1/2 cup)	Cottage cheese (1/2 cup) with pineapple chunks (1/2 cup)

Doctor's Signature: _____

Doctor's Name: _____

Date: _____