

High Cholesterol Diet Food Lists

Instructions:

Below, you'll find a roster of foods suitable for a high-cholesterol diet and those that should be avoided. Feel free to include additional items as needed.

Whole Grains:	
<input type="checkbox"/> Oats	<input type="checkbox"/> Whole grain pasta
<input type="checkbox"/> Whole wheat bread	<input type="checkbox"/>
<input type="checkbox"/> Brown rice	<input type="checkbox"/>
<input type="checkbox"/> Quinoa	<input type="checkbox"/>

Fruits and Vegetables:	
<input type="checkbox"/> Apples	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Berries (blueberries, strawberries)	<input type="checkbox"/> Carrots
<input type="checkbox"/> Citrus fruits (oranges, grapefruits)	<input type="checkbox"/>
<input type="checkbox"/> Leafy greens (spinach, kale)	<input type="checkbox"/>
<input type="checkbox"/> Tomatoes	<input type="checkbox"/>
<input type="checkbox"/> Bell peppers	<input type="checkbox"/>

Legumes:	
<input type="checkbox"/> Black beans	<input type="checkbox"/>

<input type="checkbox"/> Lentils	<input type="checkbox"/>
<input type="checkbox"/> Chickpeas	<input type="checkbox"/>
<input type="checkbox"/> Kidney beans	<input type="checkbox"/>

Nuts and Seeds:	
<input type="checkbox"/> Almonds	<input type="checkbox"/>
<input type="checkbox"/> Walnuts	<input type="checkbox"/>
<input type="checkbox"/> Flaxseeds	<input type="checkbox"/>
<input type="checkbox"/> Chia seeds	<input type="checkbox"/>

Fatty Fish:	
<input type="checkbox"/> Salmon	<input type="checkbox"/>
<input type="checkbox"/> Mackerel	<input type="checkbox"/>
<input type="checkbox"/> Trout	<input type="checkbox"/>

Lean Proteins:	
<input type="checkbox"/> Skinless poultry (chicken, turkey)	<input type="checkbox"/>
<input type="checkbox"/> Lean cuts of meat (e.g., sirloin, tenderloin)	<input type="checkbox"/>
<input type="checkbox"/> Tofu	<input type="checkbox"/>

Low-Fat Dairy:	
<input type="checkbox"/> Low-fat or fat-free milk	<input type="checkbox"/>
<input type="checkbox"/> Low-fat yogurt	<input type="checkbox"/>
<input type="checkbox"/> Low-fat cheese	<input type="checkbox"/>

Foods to Limit or Avoid:

Saturated and Trans Fats:	
<input type="checkbox"/> Fatty cuts of red meat	<input type="checkbox"/>
<input type="checkbox"/> Butter	<input type="checkbox"/>
<input type="checkbox"/> Full-fat dairy products	<input type="checkbox"/>

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<input type="checkbox"/> Butter	<input type="checkbox"/>
<input type="checkbox"/> Full-fat dairy products	<input type="checkbox"/>

Processed and Fried Foods:	
<input type="checkbox"/> Fast food items	<input type="checkbox"/>
<input type="checkbox"/> Highly processed snacks	<input type="checkbox"/>
<input type="checkbox"/> Fried foods	<input type="checkbox"/>

Sugary Foods:	
<input type="checkbox"/> Candy	<input type="checkbox"/>
<input type="checkbox"/> Sugary cereals	<input type="checkbox"/>
<input type="checkbox"/> Sweetened beverages	<input type="checkbox"/>

Alcohol:
<input type="checkbox"/> Limit alcoholic beverages
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

High-Sodium Foods:
<input type="checkbox"/> Processed and canned foods with high salt content
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Recommendations:

Additional Notes: