

Low Cholesterol Diet Food List

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

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

Legumes: (Rich in fiber and protein)

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

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

Lean Meats: (Choose skinless and trim visible fat)

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

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

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