



20 Cholesterol Lowering Foods

High cholesterol clogs your arteries, can lead to a stroke, hurt your sex life and afflicts people of all weights and ages. Lowering cholesterol isn't as simple as going vegan, cutting all carbs from your diet, never eating fried foods again and/or taking supplements. Adding the foods below to your diet doesn't give you a free pass to consume as much ice cream, chocolate, lattes, cheese and processed foods as you would like either. The key is to start making healthier choices by adding more of these foods below and less of the foods mentioned above.

3 Food Categories To Help Lower Cholesterol

Fuel Up On Fiber

- Apples
- Blackberries
- Raspberries
- Oranges
- Green Peas
- Bussels Sprouts
- Beans
- Carrots
- Quinoa
- Popcorn
- Oats

Good Fat Is Good For You

- Avocado
- Walnuts
- Pistachios
- Olive Oil

Always Get Omega's

- Salmon
- Albacore Tuna
- Sardines
- Walnuts
- Seeds
(flax seeds, chia seeds)

*All items may not be in all stores



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