LDL vs HDL Grocery List

This is a printable low cholesterol, grocery list that will reduce your bad cholesterol and raise the good cholesterol. The experts say that a good heart requires that you keep your HDL (high-density lipoprotein) HIGH and your LDL (low-density lipoprotein) LOW. Save, print or download this low cholesterol diet list for free.

HDL (Keep High and Eat)

- [ ] Olive Oil
- [ ] Whole Grains
- [ ] High Fiber Fruit (prunes, apples, pears)
- [ ] Flax Seeds and Oils
- [ ] Red Wine
- [ ] Berries
- [ ] Green Tea Or Black Tea
- [ ] Instant Oats
- [ ] Barley
- [ ] Dark Chocolate and Cocoa
- [ ] Tumeric
- [ ] Beans
- [ ] Wild Sardines
- [ ] Nuts (almonds, pistachios, peanuts)
- [ ] Avacado
- [ ] Brussels Sprouts
- [ ] Sweet Potatoes
- [ ] Vegetables (broccoli, cabbage, carrots,)
- [ ] Garlic
- [ ] Okra
- [ ] Leafy Greens (Spinach and Kale)

LDL (Keep Low and Avoid)

- [ ] Margarines
- [ ] Vegetable Oils
- [ ] Pasties, cookies, cakes, donuts
- [ ] Cupcakes, Muffins
- [ ] Ice Cream
- [ ] Fries
- [ ] Shrimp
- [ ] Dairy (Cheese, Butter, Milk,)
- [ ] Poultry with skin
- [ ] Buttered popcorn
- [ ] Liver
- [ ] Cheesy pasta
- [ ] Processed packaged meats

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