

# 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)

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

## LDL (Keep Low and Avoid)

- |  |  |
|--|--|
| <input type="checkbox"/> Margarines                      | <input type="checkbox"/> Dairy (Cheese, Butter, Milk,) |
| <input type="checkbox"/> Vegetable Oils                  | <input type="checkbox"/> Poultry with skin             |
| <input type="checkbox"/> Pasties, cookies, cakes, donuts | <input type="checkbox"/> Buttered popcorn              |
| <input type="checkbox"/> Cupcakes, Muffins               | <input type="checkbox"/> Liver                         |
| <input type="checkbox"/> Ice Cream                       | <input type="checkbox"/> Cheesy pasta                  |
| <input type="checkbox"/> Fries                           | <input type="checkbox"/> Processed packaged meats      |
| <input type="checkbox"/> Shrimp                          |  |

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