Low-Cholesterol Shopping List

Cholesterol is a waxy, fat-like substance naturally found in all of our body's cells. Too much of it, however, can clog our arteries and contribute to a host of problems, including heart disease and heart attack. Our body makes cholesterol on its own, but we also take it in in the foods we eat. Cholesterol is found in foods from animal sources, including meat and dairy.

- [ ] Oats
- [ ] Fatty fish
- [ ] Spinach
- [ ] Garlic
- [ ] Dark chocolate
- [ ] Nuts
- [ ] Beans
- [ ] Fiber-rich fruits
- [ ] Olive oil
- [ ] Avocados

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