

Low-Cholesterol Diet Food Shopping Guide

Add Colorful and Flavorful Foods to Your Cholesterol-Friendly Diet

- ☐ Fruits and Vegetables
- ☐ Whole Grains and Nuts
- ☐ Beans and Vegetable-Protein Foods
- ☐ Eggs and Meat
- ☐ Fish and Seafood
- ☐ Dairy Products
- ☐ Desserts and Snacks