Best Foods for Lowering Cholesterol

These are the foods you should be including in your diet regularly:

- [ ] Avocados
- [ ] Broccoli
- [ ] Asparagus
- [ ] Any dark leafy greens
- [ ] Berries (any variety)
- [ ] Any whole citrus
- [ ] Organic plain soy milk
- [ ] Edamame
- [ ] Tempeh
- [ ] 100% whole grain cereals
- [ ] Tomatoes
- [ ] Brussels sprouts
- [ ] Red/orange/yellow bell peppers
- [ ] Any dark salad greens/lettuce
- [ ] Pomegranates
- [ ] Apples – dried and fresh
- [ ] Soy nuts
- [ ] Tofu
- [ ] Fish, especially oily varieties like salmon and sardines
- [ ] Whole oats(steel cut best)

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