

Best Foods for Lowering Cholesterol

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

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