

CHOLESTEROL LOWERING FOOD GUIDE

11.7 x 16.5 & 11 x 17

CHOLESTEROL LOWERING

FOODS TO EAT

VEGETABLES

- ASPARAGUS
- BROCCOLI
- BRUSSELS SPROUTS
- CARROTS
- CAULIFLOWER
- EGGPLANT
- KALE
- PEPPERS (BELL, RED)
- SPINACH



FRUITS

- APPLES
- AVOCADOS
- BANANAS
- BLUEBERRIES
- GRAPES
- ORANGES
- PEARS
- RASPBERRIES
- STRAWBERRIES



WHOLE GRAINS

- BARLEY
- BROWN RICE
- BUCKWHEAT
- BULGUR
- MILLET
- OATS
- QUINOA
- RYE
- WHOLE WHEAT PASTA



NUTS AND SEEDS

- ALMONDS
- CHIA SEEDS
- FLAXSEEDS
- HEMP SEEDS
- PISTACHIOS
- SUNFLOWER SEEDS
- WALNUTS



LEAN PROTEINS

- CHICKEN BREAST (SKINLESS)
- EGG WHITES
- SALMON
- SARDINES
- TEMPEH
- TOFU
- TUNA
- TURKEY BREAST (SKINLESS)
- WHITE FISH (E.G., COD, TILAPIA)



LEGUMES

- BLACK BEANS
- CHICKPEAS
- EDAMAME
- KIDNEY BEANS
- LENTILS
- NAVY BEANS
- PEA
- PINTO BEANS
- SOYBEANS



HERBS AND SPICES

- BASIL
- CILANTRO
- CINNAMON
- GARLIC
- GINGER
- OREGANO
- PARSLEY
- ROSEMARY
- TURMERIC



BEVERAGES

- BLACK TEA
- GREEN TEA
- HERBAL TEA
- LEMON WATER
- SOY MILK
- SPARKLING WATER
- WATER



FOODS TO AVOID

HIGH-SODIUM VEGETABLES

- ARTICHOKE (CANNED IN OIL)
- FRENCH FRIES
- HASH BROWNS
- ONION RINGS
- POTATO CHIPS
- PICKLED VEGETABLES
- WASHED POTATOES
- SQUASH (WITH ADDED SUGAR)
- SWEET CORN (WITH BUTTER)



PROCESSED FRUITS

- COCONUT (DRIED, SWEETENED)
- FRUIT IN HEAVY SYRUP
- GRAPEFRUIT (IN EXCESS)
- MANGO (IN SYRUP)
- PINEAPPLE (IN SYRUP)
- PLANTAINS (FRIED)
- RAISINS (IN EXCESS)
- POMEGRANATE (SWEETENED)
- SUGARY FRUIT JUICES



PROCESSED GRAINS

- BAGELS
- BISCUITS
- CROISSANTS
- DOUGHNUTS
- MUFFINS
- SUGARY CEREALS
- WHITE RICE
- REFINED WHITE BREAD
- PANCAKES



NUTS AND SEEDS

- BRAZIL NUTS
- CANDIED NUTS
- CASHews (IN EXCESS)
- MACADAMIA NUTS
- SALTED PUMPKIN SEEDS
- SALTED SUNFLOWER SEEDS
- TRAIL MIX (WITH ADDED SUGAR)



PROCESSED MEATS

- BACON
- BEEF (FATTY CUTS)
- HOT DOGS
- LAMB (FATTY CUTS)
- PORK SAUSAGE
- SALAMI
- SAUSAGES
- SKIN-ON POULTRY
- SPARE RIBS



HIGH-FAT DAIRY

- BUTTER
- CHEESE (FULL-FAT)
- CREAM CHEESE
- FULL-FAT MILK
- SOUR CREAM
- WHOLE MILK
- WHIPPED CREAM
- YOGURT (FULL-FAT)
- FULL-FAT ICE CREAM



SUGARY BEVERAGES

- ALCOHOL
- CHOCOLATE MILK
- COFFEE (WITH CREAM & SUGAR)
- ENERGY DRINKS
- FLAVORED LATTES
- MILKSHAKES
- REGULAR SODAS
- SWEETENED ICED TEA
- SWEETENED LEMONADE



UNHEALTHY FATS AND OILS

- COCONUT OIL (IN EXCESS)
- OILS
- LARD
- MARGARINE (WITH TRANS FATS)
- PALM OIL
- SHORTENING
- HYDROGENATED OILS



2 SIZES

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Lower Your Cholesterol A Guide To A Healthier Diet

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Lower Your Cholesterol A Guide To A Healthier Diet:

Lower Your Cholesterol Gene Brown,1984 **Healthy Living Guide:Healthy Diets Prevent Diseases** Susan Zeppieri ,2022-10-16 You undoubtedly have some hazy idea of how diet influences your health You likely already know that salads are healthier than French fries and that eating too much can make you obese But do you know which meals are most effective at battling disease Do you know how to eat so that your body can use its own defenses to locate and eliminate sickness from within Let s dive in for more information **The Power of Nutrition: A Guide for Older Adults in the Community** Amy Epting, MA, RD, CSG, LDN,2023-08-07 The purpose of The Power of Nutrition A Guide for Older Adults in the Community is to provide a comprehensive resource for nutrition education programs that support low income elderly individuals in improving their health and well being through proper nutrition The book aims to empower older adults by providing them with the knowledge and skills necessary to make informed decisions about their diets and lifestyles The Power of Nutrition provides a comprehensive and practical guide for nutrition education programs that serve low income elderly individuals By empowering older adults with the knowledge and skills necessary to make informed decisions about their diets and lifestyles the book aims to improve their health and well being reduce the risk of chronic disease and enhance their quality of life **The Dental Hygienist's Guide to Nutritional Care - E-Book** Cynthia A. Stegeman,Judi Ratliff Davis,2014-02-03 The Dental Hygienist s Guide to Nutritional Care 4th Edition is specifically tailored to address relevant nutritional concerns for both practicing hygienists and dental hygiene students alike Written by an author team with experience in both disciplines this full color text offers a balanced and comprehensive view of how nutrition affects dental health In addition to basic nutritional advice relevant for dental hygienists coverage also includes current nutritional concerns such as high protein diets bottled water versus tap water the latest Dietary Guidelines for Americans and the new ChooseMyPlate gov graphic and food guidance system A new chapter on biochemistry expands coverage of a topic that is addressed on the dental hygiene board exam No other nutritional guide in dental hygiene offers so much NEW Biochemistry chapter provides foundational concepts that support content throughout the book and also address coverage on the National Board Dental Hygiene Examination NBDHE NEW Updated coverage includes new content on fluoride vitamin D calcium the latest Dietary Guidelines for Americans the new ChooseMyPlate gov graphic and food guidance system and the latest research in this dynamic field NEW Full color photographs and illustrations showcase current federal guidelines and exemplify the types of foods that supply various macro and micronutrients NEW Practice quizzes allow you to test your comprehension along with instant feedback and remediation to address strengths and weaknesses NEW information on relevant cultural issues such as Pros and cons of popular high protein diets Vitamin D deficiency in the United States Vitamin mineral supplements Information on bottled water energy drinks and sports drinks UPDATED content addresses the newly released MyPyramid dietary guidelines FULL COLOR design better illustrates concepts especially the effects vitamin

deficiency can have on the oral cavity **The Consumer Information Catalog** , **Weekly World News** ,1991-01-29

Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

The American Dietetic Association's Complete Food and Nutrition Guide The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world's foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn't have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association's Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn't work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine *Food and Nutrition Quarterly Index* ,1987 **Your Guide to a Healthy Heart** National Heart, Lung, & Blood Institute,2005 **Guide to Nutrition and Wellness** American Medical Women's Association,1995 This up to the minute guide comes directly from doctors working on the front lines of women's health 13 000 of America's leading female physicians Focusing on the critical factors of diet and exercise this volume separates the facts from the fads and presents the latest research on nutrition and wellness **Educator's Guide to Free Health, Physical Education & Recreation Materials, 2003-2004** Educators,2003 **Film & Video Finder** ,1997 **Journal of the American Dietetic Association** ,1993 **Healthwise Handbook** Donald W. Kemper,Katy E. Magee,Steven L. Schneider,2006

Subject Guide to Books in Print ,1996 *Newsweek* ,1990 *American Health* ,1990 Reader's Digest Guide to Drugs and Supplements ,2004 **Nutrition for Health, Fitness, & Sport** Melvin H. Williams,2005 This textbook provides the reader with thorough coverage of the role nutrition plays in enhancing one's health fitness and sport performance Current research and practical activities are incorporated throughout **Lower Your Cholesterol** Gene Brown,1984-08-01

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