Eating a Balanced Diet Helps Your Cholesterol.

TYPE OF FOOD	CHOOSE	AVOID
Fruits	Canned fruit without added sugar or syrup. Fresh or frozen fruit without added sugar.	Fried fruits. Fruits served with cream or whipped cream. Fruit juice.
Vegetables	 Fresh, raw vegetables. Fresh vegetables that are steamed or cooked in little or no oil. Frozen or canned vegetables without added salt. 	Fried or breaded vegetables. Vegetables made with cheese or butter. Vegetables served with cream sauce.
Grains	Barley. Brown rice. Buckwheat. Farro. Millet. Oatmeal. Whole-grain breads. Whole-grain cereals. Whole-wheat or bean-based pastas. Wild rice.	Baked goods and pastries. Biscuits. Buttered or cheese crackers. Chips and cheese puffs. Croissants. Danishes. Flavored (buttered) popcorn. Pretzels. White noodles/pasta.
Protein	Dried beans and lentils. Fish (especially mackerel, salmon, herring, anchovy, tuna). Egg whites or egg substitute. Lean cuts of beef, pork or lamb. Lean deli meat (chicken or turkey breast). Nut butters. Nuts (especially walnuts and almonds). Poultry with skin removed. Seeds (like sesame, pumpkin, sunflower, chia).	Bacon. Bologna. Corned beef. Duck or goose. Egg yolks. Fatty deli meat. Fried meat or fish. Hamburgers. Hot dogs. Organ meats (like liver). Poultry with skin. Ribs. Salami. Sausage.
Dairy/dairy alternatives	Shellfish. Tofu. 1% or 2% cottage cheese. Fat free or low-fat plain or Greek yogurt. Naturally part-skim cheese. Skim or 1% milk. Unsweetened almond and soy milk.	T-bone steak. Cream and half-and-half. Cream cheese. Full-fat cheese. Full-fat yogurt. Sour cream. Whole milk.
Fats	Avecade oil. Extra virgin olive oil. Nut oils.	Bacon fat. Butter. Creamy salad dressings. Lard. Margarine. Vegetable shortening.

Reducing Cholesterol A Heart Smart Guide To Low Fat Eating No Nonsense Health

Anthony S. Fauci

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