

# 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



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# Lower Your Cholesterol A Guide To A Healthier Diet

**Linda Main, Baldeesh Rai**



## **Lower Your Cholesterol A Guide To A Healthier Diet:**

The Complete Idiot's Guide to Lowering Your Cholesterol Dr. Joseph Klapper, 2006-11-07 Cardiologist Joseph Lee Klapper M D gives an in depth yet accessible explanation of cholesterol levels and explores ways to lower them Weighing the pros and cons of a variety of approaches including a holistic approach Western medications natural remedies and new methods on the horizon he then takes you step by step through a medically proven plan for shedding cholesterol points By 2010 the leading cause of death worldwide will be heart disease far greater than infections AIDS and other killers Explores many contemporary heart smart diets and provides sample menus Important information about exercise risk factors statins and other Western cholesterol lowering medications herbs supplements and natural remedies and antioxidants gene therapy and new drugs

**4 Steps to Lower Cholesterol** Linda Main, Baldeesh Rai, 2015-10-01 4 Steps to Lower Cholesterol is a practical comprehensive and easy to use guide for anyone worried about their cholesterol Written by two experts from HEART UK the UK's leading cholesterol charity and including the latest scientific research this book gives you the information you need to understand cholesterol and make simple lifestyle changes to improve your health including 1 Motivation learn how to change your mindset to meet your goals and establish healthy habits 2 Diet enjoy tasty cholesterol busting foods and make heart friendly food swaps 3 Exercise and de stress have fun being active and reduce tension and stress 4 Medication understand your options to make informed decisions about your medicines You will also find 40 delicious recipes case studies and answers to common questions Packed with information tips and advice this is the essential empowering handbook for anyone looking to make lasting changes to their life and health *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 *Lower Your Cholesterol* Gene Brown, 1984 *The Dental Hygienist's*

*Guide to Nutritional Care - E-Book* Cynthia A. Stegeman, Judi Ratliff Davis, 2014-02-03 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

**Down Home Healthy** Leah Chase, Johnny Rivers, 1994 Down home recipes show how we can enjoy foods that are lower in fat saturated fat cholesterol higher in fiber promote good health Gorgeous color photos Publications list

**Healthy Heart Handbook for Women** Marian Sandmaier, 1997 *The Healthy Heart Handbook for Women* Marian Sandmaier, 1993-05 Tells women how to prevent coronary heart disease Covers major risk factors such as smoking high blood pressure overweight gives strategies for eating for health lowering blood cholesterol controlling blood pressure etc Also discusses hormones menopause the new focus on women in research Includes recipes resources

*An Ageless Woman's Guide to Heart Health* Elizabeth Jackson, 2013-05-14 Heart disease has long been thought of as a men's issue when it is actually the leading cause of death in both men and women In fact since 1984 more American women than men have died of heart disease Are you surprised Often at the helm of their family's overall health diet and nutrition a woman and her lifestyle decisions can affect not only her own wellbeing they can determine the habits of her partner and children as well By becoming better educated a woman can have a profound permanent impact on the health of the people around her An Ageless Woman's Guide to Heart Health is every woman's guidebook to enjoying a heart healthy life Renowned cardiologist Dr Lisa Jackson shares tips and resources to help you make positive steps toward improving your health Whether you're younger or older fit or ailing it's never too late to make changes in your life that can lead you and those you love to a healthier heart

**Healthy Heart Handbook For Women, Revised July 1997**, 1999 **Nutrition and Health** Rosemary Wachira RD CDCES, 2021-12-13 Nutrition and Health Fighting Cancer Diabetes and Heart Disease takes the reader on a journey to reconnect with the most fundamental healing tool our food This book will offer you an abundance of practical tips for optimal eating and living and will be an indispensable resource for you to refer to readily Whether you are interested in weight loss restoration prevention or health maintenance you will walk away empowered and equipped with the right guidance on how to make it happen Begin the transformation to live your best life ever now I am honored to recommend this book for your reading Dr Lennox A Graham Ph D Professor Howard University Washington DC The author's knowledge of nutrition benefits different cultures in both the southern and northern hemispheres NUTRITION and HEALTH Fighting Cancer Diabetes and Heart Diseases offers interesting perspectives to readers across the world empowering them to take steps of change needed to improve their health It is highly important for the world population to come to the realization of how critical the foods and drinks we consume are vitally important to our lives This book shows the path and practical steps to reach sound health leading to happy productive and long lives with little medical care Dr Straton BAZIRA MD Ph D France Pretoria South Africa This book has compressed together a wealth of nutrition information that is

very helpful in bringing step by step change to improve one's health. The book provides helpful nutrition tips for every reader. I like the aspect of focusing on diabetes, cancer, and cardiovascular, three disease areas that have adversely impacted lives in many communities. Highly recommend this book for your reading. Mwangi N Mutahi PhD Nutrition and Natural Health Specialist Kenya.

*The Wellness Guide for Better Living* Pasquale De Marco, 2025-04-11. Discover the Path to Optimal Well-being with *The Wellness Guide for Better Living*. Your Comprehensive Guide to Health and Vitality. *The Wellness Guide for Better Living* is a transformative guide to achieving optimal health and well-being, empowering individuals to take charge of their physical, mental, and spiritual health. Through evidence-based insights, practical strategies, and inspiring stories, this book unlocks the secrets to a life filled with vitality and purpose. Embark on a journey of self-discovery as you explore the pillars of healthy living. Learn how to embrace a proactive lifestyle, make mindful eating choices, and cultivate a balanced relationship with food. Discover the healing power of sleep and the importance of stress management for overall well-being. Dive into the mind-body connection and explore the profound impact of positive thinking, meditation, and self-care on your physical and mental health. Uncover the wisdom of ancient healing traditions and discover the benefits of alternative therapies such as acupuncture, massage therapy, and herbal remedies. *The Wellness Guide for Better Living* goes beyond physical health to address the emotional and spiritual dimensions of well-being. Learn how to navigate emotional challenges, cultivate resilience, and find meaning and purpose in life. Explore the role of spirituality in fostering inner peace, forgiveness, and a sense of connection to something greater than yourself. Whether you seek to prevent chronic diseases, manage stress, or simply live a longer, healthier life, *The Wellness Guide for Better Living* offers a wealth of knowledge and support. Join us on this enlightening journey as we unlock the secrets to a life well-lived, one chapter at a time. In *The Wellness Guide for Better Living*, you will discover:

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*Therapeutic Nutrition* Eileen Behan, 2006. This reference provides essential information on therapeutic nutrition and contains 135 patient education handouts that health care providers can reproduce and give to patients. Included within the handouts are ones on recommended dietary allowances, the

latest food pyramid prediabetes glycemic index mercury and fish safety food allergy and 16 specific diets for medical conditions Each patient education handout is prefaced by an overview that offers guidelines on nutritional interventions and patient education The book also includes discussions on nutritional controversies and eating disorders and a list of additional resources The spiral binding and flip chart format enable health care providers to find and reproduce patient handouts quickly

**The Consumer Information Catalog** , Direct-to-consumer Advertising United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Oversight and Investigations,2008 **United States Government Information** ,1994 User's Guide to Nutritional Supplements Jack Challem,2003 The User s Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help oromote weigth loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthenyour heart Ginseng and other supplements boost your exercise stamina

**Nutritionism** Gyorgy Scrinis,2013-06-18 Popularized by Michael Pollan in his best selling In Defense of Food Gyorgy Scrinis s concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food an approach that has dominated nutrition science dietary advice and food marketing Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality such that even highly processed foods may be perceived as healthful depending on their content of good or bad nutrients Investigating the butter versus margarine debate the battle between low fat low carb and other weight loss diets and the food industry s strategic promotion of nutritionally enhanced foods Scrinis reveals the scientific social and economic factors driving our modern fascination with nutrition Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century He begins with the era of quantification in which the idea of protective nutrients caloric reductionism and vitamins curative effects took shape He follows with the era of good and bad nutritionism which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients and concludes with our current era of functional nutritionism in which the focus has shifted to targeted nutrients superfoods and optimal diets Scrinis s research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations Scrinis also offers an alternative paradigm for assessing the healthfulness of foods the food quality paradigm that privileges food production and processing quality cultural traditional knowledge and sensual practical experience and promotes less reductive forms of

nutrition research and dietary advice

**Australian National Bibliography** ,1978

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### Lower Your Cholesterol A Guide To A Healthier Diet Introduction

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