

# CHOLESTEROL LOWERING FOODS

IMPROVE YOUR LIPID PROFILE WITH THESE EVIDENCE-BASED FOODS



## OATS

Oats are proven to help lower cholesterol by providing soluble fiber to the diet. Pair with fruit and nuts for an extra-heart healthy and high fiber breakfast.



## WHOLE SOY FOODS

Studies show eating 25 g of whole soy foods, like edamame, tofu or soy milk, per day can lower LDL cholesterol by 5% or 6%. Even better if it's replacing red meat.



## BARLEY

Barley contains beta-glucans, a soluble fiber shown to bind to bile acids before they can be made into cholesterol. Research showed LDL reductions of up to 10%.



## APPLES

Thanks to pectin, apples and other fruits reduce total and LDL cholesterol, as well as triglycerides. Some studies linked apple consumption to higher HDL levels.



## FATTY FISH

Fatty fish like salmon, mackerel or trout, deliver LDL and triglyceride lowering omega-3 fatty acids. Aim to enjoy fish twice per week for best results.



## NUTS

Eating 1 ounce of nuts per day is linked with better heart health and up to 5% lower LDL levels. Be sure to choose kinds without added sodium.

## Fibers Binding Ways

Fiber, found in fruits, vegetables, nuts, seeds, beans and whole grains, offer a multitude of health benefits. One of those benefits is cholesterol management. Soluble fiber, specifically, found in bran, beans, fruit, nuts, and whole grains, soaks up water and becomes a gel-like substance in the gut. This substance not only blocks the absorption of fats in the bloodstream, but also binds to cholesterol and removes it from the body.

The ideal level of fiber consumption is 25 grams per day for women and 38 grams per day for men. Ideally, aim to consume about 10 grams of soluble fiber per day for the best impact on cholesterol health.