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Consult your doctor or nurse practitioner that you need to lower your cholesterol. The foods you eat directly impact your cardiovascular health. When eating a diet for high cholesterol, it is important to watch the amount of cholesterol you eat. But you also need to do other things like include exercise in your day and increase your fiber intake.

### **What foods are low in cholesterol?**

Choose fish, lean pork and chicken instead of red meat

Limit egg yolks, whole milk, cheese, and other high fat dairy products

Eat high fiber foods, whole grain/whole wheat products (see fiber sheet)

Oatmeal, oatbran, barley

Lentils, black and kidney beans, green peas

Eat 5 servings of fruits and vegetables daily

Limit the intake of fat products that are solid at room temperature (lard, tropical oils, partially hydrogenated oils, stick margarine)

This information should be used after speaking with your practitioner, it does not replace their advice.

02/2011 ~ University Medical Care, 14701 N. Florida Ave, Tampa, FL, 33613, 813-265-2066



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## Cholesterol Diet

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at room temperature such as olive or  
canola oil, other vegetable oils, nuts and seeds, margarine with  
plant sterols)

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