

Low-Cholesterol Food List

Fruits and Vegetables

- Fresh or frozen vegetables, especially dark, leafy green vegetables (such as broccoli, kale, and spinach) and deep orange vegetables (carrots, sweet potato, acorn, and butternut squash)
- Healthy soups such as tomato, vegetable, chicken, minestrone (low sodium when possible)

Whole Grains

- Whole-wheat, rye and pumpernickel breads, whole-wheat tortillas, and bagels
- Whole-grain cereals such as oat, bran, or rice-based

Beans and Vegetable-Protein Foods

- Tofu, tempeh, soy/ vegetable burgers
- Dried peas and beans, black-eyed peas, kidney beans, soybeans, lentils, vegetarian baked beans

Eggs and Meat

- Egg whites and egg substitute
- Lean meats: sirloin, chuck, loin, and round. Choose "choice" or "select" grades rather than "prime" and lean or extra-lean ground meats.

Fish and Seafood

- Fish: salmon, tuna, mackerel, halibut, tuna, tilapia, and cod. Eat at least two servings of fish each week.
- Seafood: clams, oysters, lobster, scallops, and shrimp

Dairy Products

- Skim (nonfat) or 1% milk. Low-fat or non-fat evaporated or condensed milk for cooking.
- Low-fat or non-fat dairy products such as cheese, cottage cheese, sour cream, ice cream and yogurts

Desserts

- Fresh fruits (Note: grapefruit can interact with many cholesterol-lowering medications and should be avoided)
- Lite air-popped or microwave popcorn
- Fat-free or non-fat sherbet or sorbet
- Low-fat angel food cake
- Low-fat cookies, such as animal crackers
- Baked potato chips
- All-fruit snack bars
- Gelatin

Remember: Although some foods may be advised for a cholesterol-lowering diet than others, calories are calories, and they can add up whether you are eating healthy foods or junkier options. Be sure to be mindful as you plan your diet.