

Foods That Lower Blood Cholesterol

Soy Foods: tofu, etc. Soy beans, soy protein, soy milk, soy flour

Apples - daily (1 or 2)

Avocados - has acid that lowers cholesterol

Florida avocados - for those trying to lose weight - has less calories and fat.

Great for pregnant Mom's as it helps prevent birth defects of the brain and spine.

Buy Nov. - March harvest for lower fat

Barley - add to soup and stew; baked goods such as cookies, muffins, and bread

Beans: all beans and especially pinto and navy beans. 1 C of cooked beans daily. The higher the cholesterol, the more effective the beans are at lowering it. Canned beans are high in sodium so be sure to drain and rinse thoroughly.

Cantaloupe: 1/2 daily - helps reduce sodium level in body which lowers blood pressure
The riper the cantaloupe, the more beta-carotene. Fruit should be heavy for it's size and should exude a sweet musky perfume.

Carotenoids: the colors in foods could save your life. Carotenoids prevent the LDL - bad stuff - from sticking to artery walls. 24 Carat Carotenoids to include:
cantaloupe, carrots, kale, leafy greens, oranges, peaches, pumpkin, spinach, sweet potatoes, tomatoes

Eye Health: spinach, collard greens, dark green leafy vegetables - 5 or 6 times a week

Cereal: wheaties, cheerios, oat bran

Hot Cereals: corn, wheat, oat bran, oat meal

Chili peppers. Chili is an excellent heart healthy food

garlic - 1/2 clove per day or supplements

fish: tuna - water packed. Salmon 3 - 4 oz two times per week

Flaxseed - 2 flaxseed muffins a day have reduced LDL. 1 - 2 heaping T of ground flaxseed a day sprinkled on cereal or baked into bread may be enough to provide protection.

Grapefruit: pink or ruby red has something in it that naturally cleans the liver which is what keeps us healthy. I prefer Florida Natural Ruby Red in an 8 oz glass with 2 ice cubes - my treat. You can use juice or the fruit.

Purple grape juice: 12 oz daily. Also aids in allergy and sinus control and helps stop post nasal drip. White grape juice helps too as does apple juice but the purple is better if you can tolerate it. Some who are migraine prone can't tolerate the purple grape juice. Purple grapes work well too

Low Fat Diet - The plan my doctor gave me allows 250 - 300 mg cholesterol daily

Skim milk: Four 8 oz glasses per day has aided in reducing cholesterol 10 points in a month. There is also something in milk that aids in reducing and regulating blood pressure. (to reduce my cholesterol I cut the milk and my blood pressure went up so I'm adding the milk back in and it went down this past week)

Mushrooms: if your cholesterol is near 200 or above, consider making mushrooms a daily side dish. Shitake, oyster, white button. Experts don't know how many but say 2 a day won't hurt you.

Nuts: 1 - 4 times a week reduces risk of heart disease by 25%
peanuts, almonds, walnuts

Oats: aids in lowering LDL 3/4 C of cooked oatmeal per day can help lower cholesterol 5% You can also use oatmeal in breads, cookies, and muffins too.

Olive Oil

Fruit: Oranges - fruit and juice, Pears, Mangos, Prunes - 5 prunes daily

Pectin: jellies and jam

Raisens: 3 oz a day, a snack box, little more than 1/2 C

Rhubarb: Sops up the cholesterol

Rice: Brown rice

Spices: cinnamon, cloves, turmeric, fenugreek, red chili peppers, ginger

Wheat: 2 T wheat germ

Wine: red wine - moderate intake

1 - 5 oz daily women

2 - 5 oz glass daily men

3 most heart healthy wines:

1. cabernet sauvignon
2. petite sirah

3. merlot