

Low Cholesterol Food List

Food Group	Examples of Low Cholesterol Foods	Recommended Servings	Examples of Heart-Healthy Meal Swaps
Fruits	Apples, berries, oranges, bananas, kiwis, melons, peaches, pears	2-3 servings per day	Snack on fresh fruit instead of highfat or high sugar snacks.
Vegetables	Broccoli, spinach, kale, carrots, sweet potatoes, bell peppers, tomatoes, cucumbers	4-6 servings per day	Cook vegetables with heart healthy extra virgin olive oil.
Whole Grains	Oats, brown rice, quinoa, whole wheat bread, whole grain pasta, barley, bulgur	3-4 servings per day	Choose whole grain bread instead of white bread, and whole grain pasta instead of regular pasta.
Lean Proteins	Skinless chicken breast, turkey breast, fish (salmon, tuna, trout), legumes (beans, lentils, chickpeas), tofu	1-2 servings per day	Replace red meat with fish or legumes in your meals.
Nuts & Seeds	Almonds, walnuts, pistachios, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds	1-2 servings per day	Use nuts or seeds as a topping for oatmeal or yogurt instead of granola.
Healthy Fats	Avocado, olive oil, avocado oil, nuts, seeds, fatty fish	Use in moderation as a replacement for saturated and trans fats.	Use avocado or hummus instead of butter or cream cheese on toast.