

Low Cholesterol Food Chart

Fruits & 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 & Vegetable -Protein Foods

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

Eggs & 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 & 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

