

# FOODS TO AVOID

IF YOU HAVE HIGH CHOLESTEROL



**Margarine**



**Microwave  
Popcorn**



**Butter**



**Macaroni &  
Cheese**



**Hamburgers**



**Fried  
Chicken**



**French  
Fries**



**Shellfish**



**Cream  
Cheese**



**Ice Cream**



**Egg Yolks**



**Red Meat**