

FOOD THAT LOWER CHOLESTEROL



Salmon



Sweet Potatoes



Whole Grains



Nuts



Oatmeal



Beans



Apples



Olives



Avocado



Orange



Brussels Sprouts



Berries

FOOD THAT HIGH CHOLESTEROL



Margarine



Microwave Popcorn



Butter



Macaroni & Cheese



Hamburger



Fried Chicken



French Fries



Shellfish



Cream Cheese



Ice Cream



Egg Yolks



Red Meat