

CHOLESTEROL LOWERING

FOOD LIST

CHOOSE	FOOD TYPE	AVOID
<ul style="list-style-type: none"> Canned fruit without added sugar or syrup Fresh or frozen fruit without added sugar 	 <p>FRUITS</p>	<ul style="list-style-type: none"> Fried fruits Fruits served with cream or whipped cream Fruit juice
<ul style="list-style-type: none"> Fresh, raw vegetables that are steamed or cooked in little or no oil Frozen or canned vegetables without added salt 	 <p>VEGETABLES</p>	<ul style="list-style-type: none"> Fried or breaded vegetables Vegetables made with cheese or butter Vegetables served with cream sauce
<ul style="list-style-type: none"> Barley Brown rice Buckwheat Farro Millet Oatmeal 	 <p>GRAINS</p>	<ul style="list-style-type: none"> Baked goods, pastries, biscuits Buttered or cheese crackers Chips & cheese puffs Croissants, danishes, buttered popcorn, pretzels White noodles, white or frie
<ul style="list-style-type: none"> Dried beans Mackerel Salmon Herring Anchovy Tuna Egg whites Lean beef Lean pork Lean lamb 	 <p>PROTEIN FOODS</p>	<ul style="list-style-type: none"> Bacon Bologna Cornd beef Duck or goose Egg yolks Fatty deli meat Fried meat/fish Hamburgers Hot dogs Organ meats Poultry Ribs Salam Sausag Shrimp T-bone s
<ul style="list-style-type: none"> 1% or 2% cottage cheese, fat-free or low-fat plain or Greek yogurt Naturally part-skim cheese, skim or 1% milk, unsweetened almond & soy milk 	 <p>DAIRY</p>	<ul style="list-style-type: none"> Cream & half-and-half Cream cheese Full-fat cheese Full-fat yogurt Sour cream Whole milk



Low Cholesterol Diet Recipe Site

Michael Hoelscher



Low Cholesterol Diet Recipe Site:

Low Cholesterol Diet Recipe Site Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Low Cholesterol Diet Recipe Site**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://splashdogs.com/files/book-search/HomePages/Imperial%20Hole%20Tolerance%20Guide.pdf>

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