

# CHOLESTEROL LOWERING

## FOOD LIST

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



# Low Cholesterol Diet Food Guide Pyramid

**The American Dietetic Association  
(ADA), Roberta Larson Duyff**



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