

Your Cholesterol-Friendly Shopping List

* Choose these all-star foods in each section for extra cholesterol control.

Vegetables

Tip: Vegetables provide cholesterol-lowering fiber and phytosterols.

- ☐ Artichokes
- ☐ Asparagus
- ☐ Beets
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cauliflower
- ☐ Carrots
- ☐ Celery
- ☐ Corn
- ☐ Cucumber
- ☐ Eggplant
- ☐ Green beans
- ☐ Green peas
- ☐ Jicama
- ☐ Leafy greens
- ☐ Leeks, onions, shallots
- ☐ Mushrooms
- ☐ Okra
- ☐ Parsnips
- ☐ Potatoes
- ☐ Squash (summer and winter)
- ☐ Tomatoes
- ☐ Zucchini

Fruit

Tip: Check with your doctor about potential medication interactions with citrus.

Apples

Apricots

Avocados *

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- ☐ **Blueberries***
- ☐ Bananas
- ☐ Cherries
- ☐ Citrus fruit (except grapefruit)
- ☐ Grapes
- ☐ Kiwifruit
- ☐ Mangoes
- ☐ Melons
- ☐ Nectarines
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plums

Whole Grains

Tip: Aim for least 3 grams of fiber per serving, and look for bread fortified with plant sterols.

- ☐ Air-popped popcorn
- ☐ **Barley***
- ☐ Brown rice
- ☐ Buckwheat or whole-wheat pastry flour for baking
- ☐ Quinoa
- ☐ **Oatmeal*** (made from whole or steel-cut oats)
- ☐ Whole-grain cereals
- ☐ Whole-wheat breads and tortillas
- ☐ Whole-wheat or whole-grain crackers
- ☐ Whole-wheat pasta

Nuts, Seeds, and Legumes

Tip: Rinse canned beans to remove as much added salt as possible

- ☐ **Dried, frozen, or canned beans*** (garbanzo, black, pinto, navy, etc.)
- ☐ Lentils
- ☐ Nut butters (peanut butter, almond butter, etc.)
- ☐ Seeds (flax, sesame, psyllium, pumpkin, etc.)
- ☐ Soybeans/edamame
- ☐ **Unsalted nuts*** (almonds, peanuts, walnuts, macadamias, etc.)

Fatty Fish, Lean Meats and Poultry, and Meat Substitute

Tip: For extra omega-3s, eat at least 2 (5-ounce or less) servings of fish per week.

- ☐ Egg substitute
- ☐ **Fatty fish*** (salmon, herring, trout, sardines, etc.)
- ☐ Lean, skinless cuts of white-meat chicken or turkey
- ☐ Tofu

Dairy and Dairy Substitutes

- ☐ Almond milk
- ☐ Low-fat or nonfat milk
- ☐ Low-fat or nonfat yogurt
- ☐ Low-fat, low-sodium cheese
- ☐ Soymilk

Fats and Oils

Tip: Choose vegetable oils to help lower “bad” LDL cholesterol while raising “good” HDL.

- ☐ Fat-free cooking spray
- ☐ Low-fat or nonfat mayonnaise
- ☐ **Margarine fortified with plant sterols***(trans-fat-free)
- ☐ **Olive oil***
- ☐ Olive oil- or tahini-based salad dressings
- ☐ Vegetable oils

Seasonings

Tip: Herbs, spices, and vinegars are a low-fat, low-salt way to boost flavor.

- ☐ Fresh and dried herbs (rosemary, basil, mint, parsley, cilantro, chives, thyme, etc.)
- ☐ Vinegars (cider, red wine, white wine, rice wine, etc.)
- ☐ Whole and ground spices (cinnamon, nutmeg, cloves, paprika, pepper, etc.)

Beverages

- ☐ **Orange juice fortified with plant sterols*** (check with your doctor first)
- ☐ **Tea*** (black or green)