

9 foods that lower cholesterol

Try these suggestions for lowering cholesterol, without sacrificing taste

1. **Eat a fiber-rich breakfast** such as oatmeal, wholegrain muffins and/or fruit. Read cereal box nutrition labels to choose one with five grams or more of fiber per serving. Oat bran and rice bran are the most effective.
2. **Switch to whole grains.** Choose wholegrain breads, crackers, bagels, muffins, waffles and pancakes.
3. **Eat legumes (beans) at least three times a week.** Try bean soup, cold bean salad, hummus sandwiches and black bean dip as snacks. Soy protein is especially effective, so be sure to include plenty. Even soy milk, tofu and textured soy protein are good.
4. **Eat five servings of fruits and vegetables every day.** One at breakfast, one veggie (e.g. carrot sticks, tomato slices) and one fruit (e.g. orange sections, apple) at lunch, and one salad and one cooked vegetable at dinner...that makes an easy five.
5. **Choose whole fruit, skin included, instead of juice.** Juice is the fruit with all the fiber removed.
6. **Eat garlic.** Cooked or raw garlic both contain compounds that help lower your liver's production of cholesterol.
7. **Other good foods include raw onion, salmon, olive oil, almonds, walnuts and avocados** (the latter five are all high in fat, but most of it is monounsaturated fat which helps to improve cholesterol).
8. **Eat plenty of foods that contain the natural antioxidants: vitamins C and E: Rich in Vitamin C Rich in Vitamin E** Red and green peppers, Cantaloupe, Sunflower seeds, Walnuts, Strawberries, Papaya, Almonds, Peanuts, Oranges, Grapefruit juice, Wheat germ, Soybeans, Broccoli, Brussels sprouts
9. **Studies show that a little bit of wine or beer helps cholesterol levels.** Binge drinking is not effective, but light to moderate drinking through the week is.