

FOODS THAT CAN HELP LOWER YOUR CHOLESTEROL

Feeding your heart the right foods is an important way to lower bad cholesterol levels.

You can break down bad cholesterol eating healthy fats and soluble fiber.

HEALTHY FATS

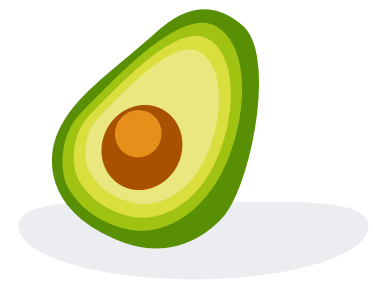
OILY FISH

- Salmon
- Trout
- Albacore tuna

OILS

- Canola oil
- Extra virgin olive oil

AVOCADO



SOLUBLE FIBER

OATMEAL

SOY PRODUCTS

- Edamame

NUTS

- Walnuts
- Almonds

FRUITS

- Apples
- Citrus fruits
- Bananas

VEGETABLES

- Broccoli
- Sweet potatoes
- Asparagus

