

# FOODS THAT CAN HELP LOWER CHOLESTEROL



## NUTS

High in monounsaturated fats, which is a heart healthy fat, good source of calcium and potassium, almonds and walnuts are especially great choices



## OATS

High in soluble fiber, high in vitamins, minerals and antioxidants, good source of quality plant-based protein



## BEANS

Excellent source of soluble fiber, so it helps you stay full for longer after a meal, super versatile and they can be prepared in many different ways



## FATTY FISH

Good source of omega-3 fats, helps reduce inflammation, excellent choices are salmon, tuna, sardines and trout



## BERRIES

Rich in soluble fiber, excellent source of antioxidants, may boost heart health



## EGGPLANT

Excellent source of soluble fiber, rich in antioxidants, low in calories

