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