

Food as Medicine for High Cholesterol

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



Nuts

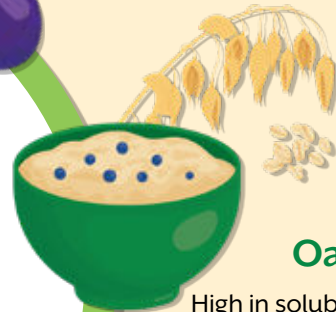
High in monounsaturated fats (heart healthy fat), good source of calcium and potassium, almonds and walnuts are especially great choices



Foods that can help lower cholesterol

Oats

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



Beans

Excellent source of soluble fiber to help you stay full for longer after meals, super versatile and can be prepared in many ways



Fatty Fish

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



**These nutrient-dense foods are not intended to be used to replace medication prescribed by your doctor.*



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SECOND HARVEST
of SILICON VALLEY