

# Improve Your Cholesterol Through Dietary Changes



**Oily Fish:** *Omega-3s help reduce inflammation and lower triglycerides. Adults should have two 3.5-ounce servings per week. Examples include salmon, mackerel, anchovies, halibut, tuna.*



**Nuts & Seeds:** *Not only will they help reduce inflammation, but they may help you maintain a healthier weight. A serving of nuts is 1 oz., a serving of seeds is 2 TBS. **Best choices:** pumpkin, sunflower and sesame seeds.*



**Oatmeal & High Fiber Foods:** *Examples of High Fiber foods include beans, fruit, whole wheat pasta and brown rice.*



**Green Tea:** *Try swapping your morning coffee for green tea. Having several cups a day will reap the most benefit. Drink caffeinated beverages **before noon** so it doesn't negatively affect your sleep.*



**Citrus:** *Citrus contains pectin, which is a fiber that helps reduce cholesterol. The potassium in oranges may also help lower blood pressure by offsetting salt intake.*



**Olive Oil:** *Cook with small amounts of Olive Oil or use an olive oil-based salad dressing.*



**Edamame, Tofu & Tempeh:** *Eat 1-2 servings per day. One serving of edamame is ½ cup, a serving of tofu is 1/3 cup and a serving of tempeh is 2 oz.*



**Dark Leafy Greens:** *Find recipes that will enable you to work one to two cups into your diet several times a week. Examples include spinach, kale, collard greens, and romaine.*



**Alcohol:** Limit yourself to one glass of wine a day for men, ½ glass a day for women.



**Pomegranate Seeds:** *Avoid the juice; instead, use the seeds on top of salads for crunch and color or mixed into yogurt.*



**Ground Flax and Chia Seeds:** *Try to incorporate 1-2 TBS into your diet daily, for instance, add a TBS to your morning cereal or yogurt.*



**Avocados:** *Stick to half an avocado per day, or less; avocados are calorie dense.*