

High Cholesterol Diet Food Lists

Instructions:

Below, you'll find a roster of foods suitable for a high-cholesterol diet and those that should be avoided. Feel free to include additional items as needed.

Whole Grains:	
☐ Oats	☐ Whole grain pasta
☐ Whole wheat bread	☐
☐ Brown rice	☐
☐ Quinoa	☐

Fruits and Vegetables:	
☐ Apples	☐ Broccoli
☐ Berries (blueberries, strawberries)	☐ Carrots
☐ Citrus fruits (oranges, grapefruits)	☐
☐ Leafy greens (spinach, kale)	☐
☐ Tomatoes	☐
☐ Bell peppers	☐

Legumes:	
☐ Black beans	☐

☐ Lentils	☐
☐ Chickpeas	☐
☐ Kidney beans	☐

Nuts and Seeds:	
☐ Almonds	☐
☐ Walnuts	☐
☐ Flaxseeds	☐
☐ Chia seeds	☐

Fatty Fish:	
☐ Salmon	☐
☐ Mackerel	☐
☐ Trout	☐

Lean Proteins:	
☐ Skinless poultry (chicken, turkey)	☐
☐ Lean cuts of meat (e.g., sirloin, tenderloin)	☐
☐ Tofu	☐

Low-Fat Dairy:	
☐ Low-fat or fat-free milk	☐
☐ Low-fat yogurt	☐
☐ Low-fat cheese	☐

Foods to Limit or Avoid:

Saturated and Trans Fats:	
☐ Fatty cuts of red meat	☐
☐ Butter	☐
☐ Full-fat dairy products	☐

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Processed and Fried Foods:	
☐ Fast food items	☐
☐ Highly processed snacks	☐
☐ Fried foods	☐

Sugary Foods:	
☐ Candy	☐
☐ Sugary cereals	☐
☐ Sweetened beverages	☐

Alcohol:
☐ Limit alcoholic beverages
☐
☐
☐
☐

High-Sodium Foods:
☐ Processed and canned foods with high salt content
☐
☐
☐
☐

Recommendations:

Additional Notes: