



13 Foods to Lower Your Cholesterol

Heart Disease is the worlds leading cause of death. Your diet has a powerful effect on your cholesterol and other risk factors. Try these foods to lower your cholesterol and improve your risk for heart disease.

1. **Legumes**
2. **Avocados**
3. **Nuts** – Especially Almonds and Walnuts
4. **Fatty Fish** like Salmon and Tuna
5. **Whole Grains** especially Oats and Barley
6. **Fruits and Berries**
7. **Dark Chocolate** and Cocoa
8. **Garlic**
9. **Soy** Foods like soy beans
10. **Vegetables**
11. **Green Tea**
12. **Dark Leafy Greens** like Kale, Spinach and Brussel Sprouts
13. **Extra Virgin Olive Oil**