

### Low Cholesterol Food List

<b>Food Group</b>	<b>Examples of Low Cholesterol Foods</b>	<b>Recommended Servings (Mediterranean Diet)</b>	<b>Examples of Heart-Healthy Meal Swaps</b>
<b>Fruits</b>	Apples, berries, oranges, bananas, kiwis, melons, peaches, pears	2-3 servings per day	Snack on fresh fruit instead of high-fat or high-sugar snacks.
<b>Vegetables</b>	Broccoli, spinach, kale, carrots, sweet potatoes, bell peppers, tomatoes, cucumbers	4-6 servings per day	Cook vegetables with heart healthy extra virgin olive oil.
<b>Whole grains</b>	Oats, brown rice, quinoa, whole wheat bread, whole grain pasta, barley, bulgur	3-4 servings per day	Choose whole grain bread instead of white bread, and whole grain pasta instead of regular pasta.
<b>Lean proteins</b>	Skinless chicken breast, turkey breast, fish (salmon, tuna, trout), legumes (beans, lentils, chickpeas), tofu	1-2 servings per day	Replace red meat with fish or legumes in your meals.
<b>Nuts and seeds</b>	Almonds, walnuts, pistachios, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds	1-2 servings per day	Use nuts or seeds as a topping for oatmeal or yogurt instead of granola.
<b>Healthy fats</b>	Avocado, olive oil, avocado oil, nuts, seeds, fatty fish	Use in moderation as a replacement for saturated and trans fats.	Use avocado or hummus instead of butter or cream cheese on toast.

Consult with a healthcare professional or registered dietitian for personalized advice and guidance on incorporating low cholesterol foods, meal swaps, and tracking your food intake.