

Simple Ways to Improve Your Cholesterol

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What can you do to improve cholesterol?

1. Achieve & maintain a healthy weight.
2. Follow a more plant based, high-fiber diet with whole grains, fruits, vegetables & legumes.
3. Choose heart-healthy fats (Omega-3). Limit saturated fats, trans fats & cholesterol intake.
4. Eat whole, unprocessed foods to limit the amount of sodium (salt) you eat.
5. Limit refined carbohydrates especially sugar, sweets & sweetened beverages.
6. Aim for 150 minutes or more of physical activity a week.

High Fiber Foods

- **All beans, nuts & legumes:** lentils, black beans, chickpeas, humus, nuts, peanuts, & seeds.
- **Whole grains:** including oats, whole wheat, brown rice, quinoa, popcorn & corn tortillas.
- **All whole fruits & vegetables contain fiber,** but typically not juices.

Aim for at least 25 grams of fiber daily

Essential fats to include:

Omega-3s: mostly found in flax seeds, walnuts, almonds, tofu, navy beans, avocado, fatty fish.

Fats to limit:

Saturated: found in high fat-animal protein, butter, heavily processed foods & some plant fats like coconut, palm & margarine.

Mediterranean Diet Pyramid

Red meats & sweets
Enjoy Sparingly



Poultry, eggs & dairy
Enjoy 1-2x/wk



Fish, seafood & omega-3 rich foods
Enjoy >3x/wk



Whole grains, legumes, fruit, vegetables, healthy fats, herbs & spices
Enjoy Daily



Physical activity, meal & family time
Practice Daily



TheMediterraneanDish.com