



Useful nutrition tips from  
Natalie Greene, RD

## Best Cholesterol-Reducing Foods

- 1) **Flaxseed**- Buy ground flaxseed and sprinkle it on yogurt or mix into oatmeal.
- 2) **Fish**- High in omega-3 fatty acids.
- 3) **Fruits and Vegetables**- Aim for at least 5 servings a day.
- 4) **Nuts**- Choose almonds, walnuts, or pecans.
- 5) **Oats and Barley**- Both high in soluble fiber.
- 6) **Olive Oil**- Buy extra virgin.
- 7) **Soy Protein**- Try to consume at least 25 grams per day.
- 8) **Cholesterol-lowering margarines**- ex. *Benecol* or *Take Control*.

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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