

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



LOWERING YOUR CHOLESTEROL

Soluble Fibre

- ✓ 25 grams (or more) of soluble fibre a day can lead to a 5-10% drop in Total Cholesterol
- ✓ Eat more: beans and lentils, oatmeal and oat bran, apples, citrus fruits, sweet potato



Fruits and Vegetables

- ✓ 4 or more servings every day can drop bad LDL cholesterol by up to 6%
- ✓ Eat more: leafy greens, orange squash, red peppers, purple cabbage, white cauliflower, yellow zucchini



Herbs and Spices

- ✓ 1 clove each day of garlic can reduce Total Cholesterol by up to 9%
- ✓ Eat more: garlic, turmeric, ginger



Unsaturated Fats

- ✓ Omega-3 fatty acids should replace saturated and trans fats to help keep cholesterol levels down
- ✓ Eat more: olives and olive oil, salmon and sardines, nuts and seeds, flaxseeds and chia seeds, avocado



Skip Added Sugars

- ✓ Aim for 10% or less of your daily caloric intake to come from sugars (approximately 12 teaspoons based on a 2000 calorie diet)
- ✓ Eat less: soda, iced teas, juices, candy, baked goods and desserts

