



Cholesterol lowering foods

barley	polysaturated oil (sunflower, safflower)
vit c 1g 3x a day	oat bran
cayenne	onions
B Complex	pectin (apples, grapefruit)
Fish oil no more than 6 grams per day	prunes
Corn bran	raw carrots
Cruciferous veggies ie broccoli, cauliflower	rice bran
eggplant	red pepper
fenugreek seed	whole grains,
fiber 25-35 grams per day	yogurt
garlic	
ginger	
green tea	
lemongrass oil	
lentils (pinto, lima, navy, kidney beans)	
monosaturated oil (olive, peanut, canola)	