

Foods that Lower Cholesterol Levels

Adding any one of these foods to your diet, on a daily basis, will lower your LDL cholesterol level. Adding as many of these foods as possible, could lower cholesterol levels as much as low-dose statin medications.¹

Exercise

45 min, 3 times per week
Aerobic +/- Strength Training
↓ LDL by **44**_{mg/dL} ≈ **38%**²



Almonds

1 cup per day
↓ LDL by **33**_{mg/dL} ≈ **30%**³



Soy Protein

47g (soybeans, tofu) per day
(instead of animal protein)
↓ LDL by **22**_{mg/dL} ≈ **19%**⁴



Barley

~3/4 cup per day
↓ LDL by **17**_{mg/dL} ≈ **15%**⁵



Olive Oil

3 tbsp per day
(instead of butter)
↓ LDL by **15**_{mg/dL} ≈ **12%**⁶



Psyllium Fiber

2 tsp of MetaMucil per day
↓ LDL by **13**_{mg/dL} ≈ **11%**⁷



Berries

~2 cups per day
↓ LDL by **8**_{mg/dL} ≈ **7%**⁸



Chickpeas, Beans & Lentils

~3/4 cup per day
↓ LDL by **7**_{mg/dL} ≈ **6%**⁹



Oats

~1 cup per day
↓ LDL by **7**_{mg/dL} ≈ **6%**¹⁰



Apples

2 apples per day
↓ LDL by **7**_{mg/dL} ≈ **6%**¹¹



Nuts

1 handful (1/4 cup)
↓ LDL by **5**_{mg/dL} ≈ **4%**¹²



Flaxseeds

4 tbsp per day
↓ LDL by **3**_{mg/dL} ≈ **1.5%**¹³



1-Jenkins, JAMA, 2011; 2-Shaw, Cardiovasc J Afr, 2009; 3-Lovejoy, Am J Clin Nutr, 2002; 4-Anderson, NEJM, 1995; 5-Anderson, N Eng J Med, 1995; 6-Behall, Am J Clin Nutr, 2004; 7-Geroge, Crit Rev Food Sci Nutr, 2019; 8-Jovanovski, Am J Clin Nutr, 2018; 8-Huang, Sci Rep, 2016; 9-Ha, CMAJ, 2014; 10-Ho, BJN, 2016; 11-Koutsos, Am J Clin Nutr, 2020; 12-Del Gobo, Am J Clin Nutr, 2015; 8-Pan, AJCN, 2009.

NOTE: Percent reductions are based on an LDL level of 116 mg/dl Created By: Dr. Mary Sco, MD, PhD © 2023

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