

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

www.nutrition-prescriptions.com

Foods that Raise Cholesterol Levels

Butter



Cheese



Whole Milk/Cream



Coconut Oil



Red Meat

(Beef, Pork, Lamb, Goat, Game Meats)



Beef Tallow/Lard

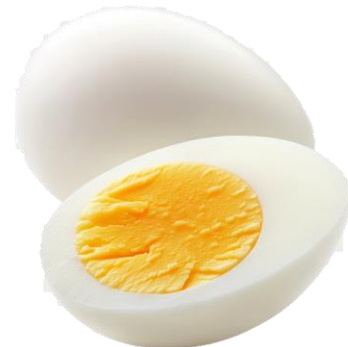


Poultry with Skin

(Chicken, Turkey, Duck)



Egg Yolks



www.nutrition-prescriptions.com

Saturated fat raises LDL (bad) cholesterol. An elevated LDL cholesterol level is one of many risk factors for heart disease. The controversy around saturated fat stems from data which shows that despite increasing risk for heart attacks,¹ saturated fat does not increase the overall risk for death from heart disease.² REFERENCES: 1-Hooper L, Reduction in sat fat intake for cvd. Cochrane Database Syst Rev. 2020 Aug 21;8(8):CD011737. PMID: 32827219; 2-de Souza RJ, Intake of sat and trans unsat fatty acids and risk of all cause mortality, cvd, and t2d: systematic review and meta-analysis of observational studies. BMJ. 2015 Aug 11;351:h3978. doi: 10.1136/bmj.h3978. PMID: 26268692. Dr. Mary Sco. MD, PhD©2025