

Low Cholesterol Diet

Avoid the following:

Red meat: Beef, lamb, venison, red cuts of pork

Shrimp

Butter

Cream Cheese

Mayonnaise

Desserts (Jello is the best dessert)

Most fast foods are very high in cholesterol

Cut back on the following:

Cheese (the healthiest is Mozzarella)

Eggs

Milk (using Skim milk or 1% is much better)

Things to do to help lower cholesterol:

Increase intake of freshwater fish (salmon, tuna, catfish)

Increase exercise

Try using fiber supplements (Benefiber)