

LOW CHOLESTEROL DIET

Oatmeal and Oat Bran:	Oatmeal and other whole grains contain a soluble fiber known as Beta Glucan, which reduces your low-density lipoprotein (LDL), the "bad" cholesterol. The fiber also found in such foods as kidney beans, psyllium and prunes.
Walnuts and Almonds:	Consuming about a handful of nuts, such as almonds, hazelnuts, peanuts, pistachios and walnuts, helps to reduce your risk of heart disease.
Fish:	The omega-3 essential fatty acids found in fish, have a cholesterol-lowering effect and helps the heart by reducing blood pressure and negating the risk of blood clots. The highest levels of omega-3 fatty acids are present in mackerel, lake trout, herring, sardines, albacore tuna and salmon.
Soybeans:	Consuming black soybeans can prevent obesity, lower LDL cholesterol, and reduce the risk for type 2 diabetes.
Probiotic Yogurt:	Yogurt with live active cultures help in lowering the cholesterol levels by preventing the re-absorption of cholesterol back in to the blood stream.
Ground Flaxseed:	For the people who do not like fish, they can obtain the benefits of omega-3 fatty acids by consuming ground flaxseed or canola oil. In addition to that, flaxseed provides alpha-linolenic acid a poly unsaturated fat which has been shown to lower cholesterol.
Extra Virgin Olive Oil:	Extra Virgin Olive oil with its potent mix of antioxidants helps lower the "bad" (LDL) cholesterol while leaving the "good" (HDL) cholesterol untouched.
Brown Rice:	The high fibre content of whole grain brown rice combined with beans helps in lowering cholesterol.
Garlic:	Garlic consists of a chemical referred to as allicin that averts bacteria or fungi. It regulates blood clots and cholesterol.
Cinnamon:	Consuming half a teaspoon of cinnamon a day significantly reduces blood sugar levels in people with type 2 diabetes and also reduces LDL, the bad cholesterol as well as the total cholesterol levels.
Fruits and Vegetables:	Fruits and vegetables high in soluble fiber and pectin such as apples, pears, citrus fruit, blueberries, beans, carrots, apricots, cabbage and sweet potatoes are known to be helpful in lowering cholesterol. Apples contain flavonoids that act as powerful antioxidants lowering the active processing of the LDL cholesterol.
Cranberry/Grape Juice:	The antioxidants in grape juice slows down cholesterol oxidation while cranberry juice raises the levels of "good" cholesterol (HDL) in the body. Also pomegranate juice helps reduce the plaque buildup due to increasing cholesterol levels and increases nitric oxide production which helps reduce arterial plaque.

Increasing these foods can help reduce cholesterol levels. However, the benefit is maximized when a person consumes cholesterol lowering, watches their weight, and has regular daily exercise.