

## [DIET FOR LOW CHOLESTEROL](#)



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Life is too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for your cholesterol-friendly diet, but you want to avoid burnout.

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### **Guidelines for a Low Cholesterol Low Saturated Fat Diet**

Choose nonfat or low-fat milk, yogurt and cottage cheese. Most cheeses are high in fat. Choose cheeses made from non-fat milk, such as mozzarella and ricotta cheese. Choose light or fat-free cream cheese and sour cream. Avoid cream and sauces made with cream. Fruits and Vegetables. Eat a wide variety of fruits and vegetables.

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Low Cholesterol Diets & High Cholesterol Foods Cholesterol and Our Diets. Eating too much saturated fat increases cholesterol levels. However, research has shown that cutting down on saturated fat and replacing it with everyday foods that contain more unsaturated fat can improve our cholesterol levels.

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