

HEART HEALTH · FREE FOOD LIST

FOODS FOR HEALTHY CHOLESTEROL

The Food List: What to Choose and What to Keep Small

FREE
LIST

FIBER FOODS · HEALTHY FATS · KEEP SMALL · ONE DAY

19

FIBER FOODS

20

FATS COMPARED

1

DAY TALLIED

4

FOOD LEVERS

PRINT IT, TAKE IT SHOPPING

Foods for Healthy *Cholesterol*

The foods to fill your cart with, the ones to keep small, and the numbers behind them from USDA data: soluble-fiber foods such as oats, barley and beans, the fats to cook with, and the saturated fat in everyday foods. Food only: your doctor reads your test results and decides on any treatment.

The four food levers

AT A GLANCE

LEVER 1

Less saturated fat

Olive or canola oil in place of butter; lean meat, skinless poultry and low-fat dairy.

LEVER 2

More soluble fiber

Oats, barley, psyllium, beans and lentils, fruit and vegetables.

LEVER 3

Nuts and plant foods

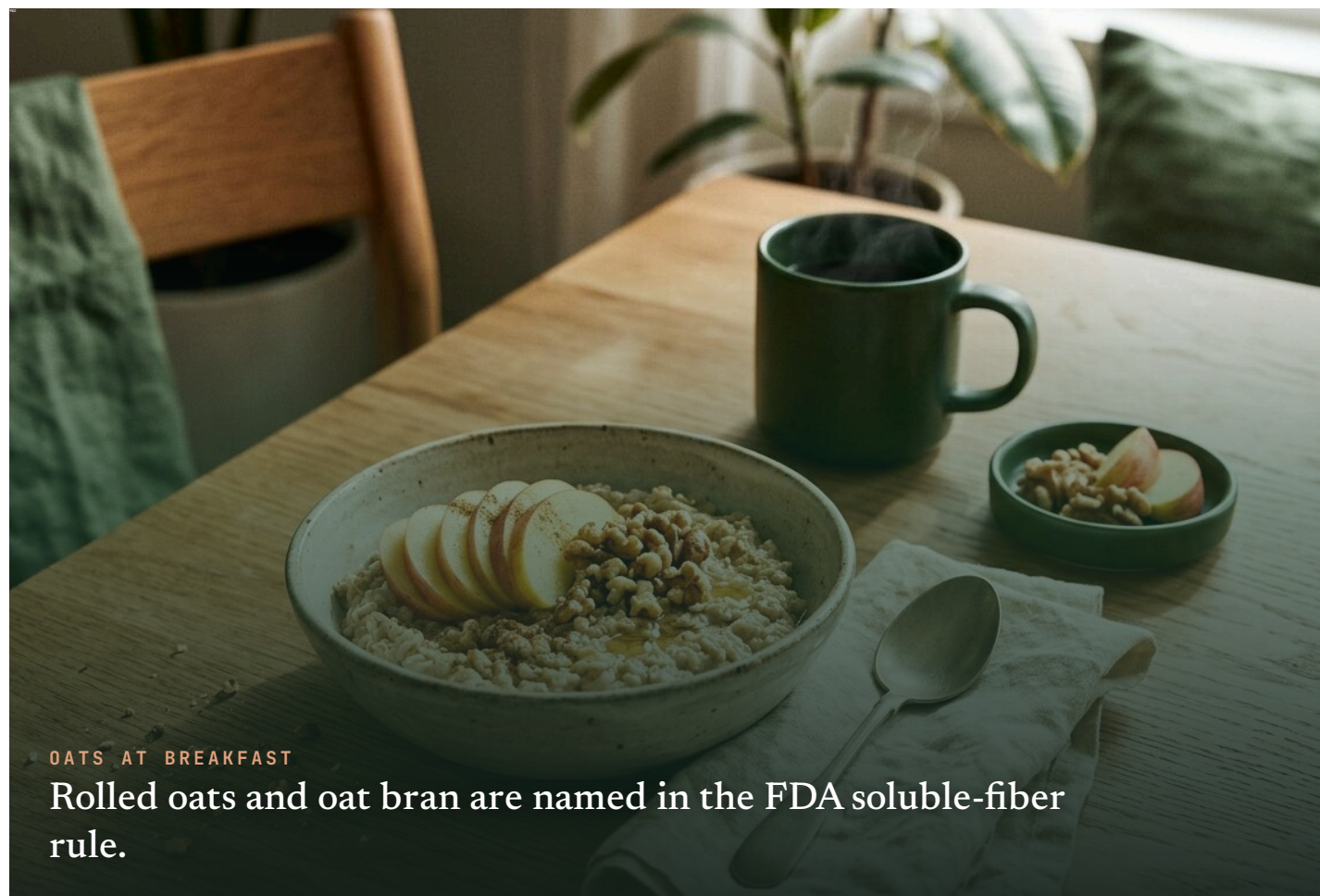
A small handful of nuts; tofu, edamame and soy milk.

LEVER 4

Fish twice a week

Salmon, trout, mackerel or sardines.

Keep taking your medicines as prescribed.



OATS AT BREAKFAST

Rolled oats and oat bran are named in the FDA soluble-fiber rule.

Foods to fill your cart

AT A GLANCE

FOODS TO FILL YOUR CART

FIBER FOODS	HEALTHY FATS	KEEP SMALL
 Oats	 Olive oil	 Butter
 Barley	 Walnuts	 Fatty cuts of meat
 Beans	 Almonds	 Cream
 Lentils	 Avocado	 Pastries
 Apples	 Salmon	

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FIBER FOODS

Oats, barley, beans, lentils and apples. Oats, barley and psyllium are the foods the FDA names in its rule on soluble fiber and heart health, within a diet low in saturated fat.

HEALTHY FATS

Olive and canola oil, walnuts and almonds, avocado and oily fish such as salmon. Use them in place of butter and fatty meat, not on top.

KEEP SMALL

Butter, fatty cuts of meat, cream and pastries bring the most saturated fat. Keep the portions small and the times few.





Soluble-fiber foods

USDA

Total fiber per portion from USDA (USDA does not list soluble fiber for most foods). FDA marks the foods the FDA soluble-fiber rule names.

FOOD	PORTION	TOTAL FIBER	FDA RULE
Rolled oats, dry	1/2 cup	4 g	FDA
Oat bran, dry	1/3 cup	4.6 g	FDA
Pearl barley, dry	1/4 cup	7.8 g	FDA
Psyllium husk	1 rounded tsp	see <u>label</u>	FDA
Black beans, cooked	1/2 cup	7.5 g	
Kidney beans, cooked	1/2 cup	6.6 g	
Lentils, cooked	1/2 cup	7.8 g	
Chickpeas, cooked	1/2 cup	6.2 g	
Soybeans, cooked	1/2 cup	5.2 g	
Okra, raw	1 cup	3.2 g	
Eggplant, raw	1 cup cubes	2.5 g	
Brussels sprouts, cooked	1 cup	4.1 g	
Apple, with skin	1 medium	4.4 g	
Orange	1 medium	3.1 g	
Pear	1 medium	5.5 g	
Strawberries	1 cup	3 g	
Avocado	1/2 medium	6.7 g	
Ground flaxseed	2 tbsp	3.8 g	
Chia seeds	2 tbsp	8.3 g	



OLIVE OIL IN THE PAN

In place of butter, for cooking and dressing.

Fats to choose, and to keep small

USDA

CHOOSE

FOOD	PORTION	SAT FAT
Olive oil	1tbsp	1.9 g
Canola oil	1tbsp	1 g
Walnuts	1oz	1.7 g
Almonds	1oz	1.1 g
Avocado	1/2 medium	2.1 g
Salmon, wild, raw	4 oz raw	1.1 g
Firm tofu	1/2 cup	1.6 g
Lentils, cooked	1 cup	0.1 g

KEEP SMALL

FOOD	PORTION	SAT FAT
Butter	1tbsp	7.2 g
Coconut oil	1tbsp	11.5 g
Heavy cream	2 tbsp	6.9 g
Cheddar cheese	1oz	5.4 g
Ground beef, 80% lean, raw	4 oz raw	8.6 g
Pork shoulder, raw	4 oz raw	7.1 g
Bacon, cooked	3 slices	3.4 g
Salami, beef	2 oz	5.5 g
Beef hot dog	1 frank	5.2 g
Butter croissant	1 medium	6.6 g
Plain cake doughnut	1 medium	5.2 g
Vanilla ice cream	1/2 cup	4.5 g

READ THE LABEL

- Saturated fat 5% Daily Value or less: low.
- 20% Daily Value or more: high.
- The Daily Value is 20 g.



One day, tallied

TRY IT

One day from The Cholesterol-Conscious Recipe Book, with the numbers per serving from USDA data:

MEAL	WHAT	SAT FAT	FIBER
Breakfast	Apple Cinnamon Oatmeal	1.5 g	7 g
Lunch	Red Lentil and Carrot Soup	1.5 g	10 g
Dinner	Lentil Bolognese	1.4 g	17 g
Snack	Apple Slices with Almond Butter	0.7 g	6 g
The day		5.1 g	40 g

MY LIMIT

My calories a day

Under (10% / 9)

GOOD TO KNOW

- At 2,000 calories, the limit is about 22 g.
- Every recipe in the recipe book has 4 g or less a serving.

My saturated fat day

ADDS ITSELF UP

MEAL	WHAT I ATE	SAT FAT (G)
Breakfast		
Lunch		
Dinner		
Snack		
Drinks		
My day		



BEANS AND LENTILS

Four or more times a week, in soups, salads and curries.

From a list to four weeks

This list covers what to buy. **The Cholesterol-Conscious Kitchen Kit** turns it into four weeks: your saturated fat limit worked out, a tally that adds itself up, 15 swaps with the grams saved, the FDA soluble-fiber rule in plain words, menus, shopping lists and a log for every test. **The Cholesterol-Conscious Recipe Book** adds 40 recipes, every one at or under 4 g saturated fat a serving.

THE CHOLESTEROL-CONSCIOUS KITCHEN KIT

- Saturated fat limit and seven-day tally
- Chart of 41 foods and 15 swaps
- The FDA soluble-fiber rule, explained
- Nuts, beans, soy and fish every week
- Four weekly menus and shopping lists
- Test log and questions for your doctor

SEE THE KIT →

THE CHOLESTEROL-CONSCIOUS RECIPE BOOK

- 40 recipes, each serves 2
- Every one at or under 4 g saturated fat
- Oats and barley at breakfast
- Numbers from USDA

SEE THE RECIPE BOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

U.S. Food and Drug Administration. 21 CFR 101.81. ecfr.gov	Oats, barley and psyllium as the foods named in the soluble-fiber rule
Dietary Guidelines for Americans. dietaryguidelines.gov	Saturated fat under 10% of calories
USDA FoodData Central, SR Legacy (April 2018)	Every saturated fat and fiber number



A SMALL HANDFUL
Walnuts, almonds or peanuts most days.

THIS WEEK

Oats on Monday, *fish on Friday.*

01 • FILL YOUR CART

Fiber foods and healthy fats.

02 • KEEP SMALL

Butter, cream, fatty meat.

03 • ADD IT UP

One day, written down.

THE NEXT STEP



The Cholesterol-Conscious Kitchen Kit

This list covers what to buy. The kit adds your saturated fat limit and a tally, 15 swaps, the FDA soluble-fiber rule in plain words, four weeks of menus and shopping lists, and a test log.

- Saturated fat limit and tally
- Four weekly menus and shopping lists
- Test log and questions for your doctor

[SEE THE KIT →](#)

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FREE • FACT-CHECKED GUIDES

OMEGA-3

Best Omega-3 Supplements 2026: Complete Fish Oil, Krill

Which fish bring omega-3 fats, how much, and what to ask before taking fish oil.

healthsecrets.com/supplements/omega-3-fish-oil-guide →

EATING PATTERN

Anti-Inflammatory Diet: Complete Food List & Beginner

Vegetables, fruit, whole grains, beans and fish: the foods an everyday eating pattern is built on.

healthsecrets.com/inflammation/anti-inflammatory-diet-guide →

EXERCISE

Exercise for Longevity Guide | Optimal Types

Strength, cardio and balance work as you get older, and how much is enough.

healthsecrets.com/longevity/exercise-longevity-guide →

EVERYDAY HABITS

Blue Zones: Lessons from the World's Longest-Lived People

How people in long-lived communities eat and live, in plain words.

healthsecrets.com/longevity/blue-zones-longevity-lessons →



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