**The Good Food List:**

**Fruits: Vegetables:**

Apples Broccoli

Apricots, dried Brussel Sprouts

Bananas Cabbage

Blueberries Carrots

Cantaloupe Cauliflower

Cherries Chick-peas

Grapefruit Chili Peppers

Grapes, red Garlic

Kiwifruit Kale

Oranges Lentils & Lima Beans

Plumes Onions

Prunes Peas

Pumpkin Peppers, red bell

Raisins Pinto Beans

Raspberries Potatoes, sweet

Strawberries Romaine Lettuce

Avocado Spinach

Papaya/Pineapple Tomatoes

Mangoes Soybeans/Tofu

**Meats/Fish/Fowl: Grains/Breads/Pasta:**

Chicken Barley

Cod Brown Rice

Haddock High-fiber Cereal

Herring Oat Bran

Mackerel & Anchovies Oatmeal

Salmon Whole-grain Bread

Tuna, Turkey Whole-grain Pasta

**Dairy products:**

**Cottage Cheese Oils:**

1% or Nonfat Milk Canola Oil

Skim Yogurt Olive Oil

**Other:**

Fig bars, Flaxseed, Red Tea, Green Tea

**The Bad Food List: (Mainly Man-Made foods)**

• Commercially-made cookies, crackers, cakes, and doughnuts

• Candies

• Restaurant fried chicken, onion rings, and French fries

• Margarine and shortening

• Ice cream

• Mayonnaise and salad dressing

• Potato chips and other man-made chips

• Ground beef, red meats, fast-food hamburgers

• Most pizzas

• American cheese :white cheeses are not as bad as yellow chees

• All sodas and artificially sweetened juices and soft drinks

**Cholesterol**

If you want to **Reduce** your **LDL**, the **Bad Cholesterol**

and **Increase** your HDL the **Good Cholesterol**,

Then **Reduce the following**:

1) Butter

2) Cheese

3) Ice Cream

4) Meats - bacon, sausage, red meat, beef, lamb, and pork

5) Shortening-pie crust, fried foods, and snacks.

And **Increase the following:**

1)Fatty Fish-salmon, tuna, sardines, herring, mackerel, halibut, & trout

2) Oatmeal, oat bran, and high-fiber foods, beans, barley, figs, apples, et cetera

3) Walnuts, almonds, and other nuts; a handful of nuts per day

4) Olive oil; two tablespoons per day

5) Alcohol (preferably red wine)—one or two glasses per day

**All foods have some nutritional value**

**but certain foods are more beneficial to the body**.