
Dietary Fiber and Cholesterol

Soluble fiber

- Eating 5-10 grams of soluble fiber each day can help lower LDL (lousy) cholesterol.
- Soluble fiber forms a gel, binding cholesterol in the gut. This removes cholesterol from the body via bowel movements, which in turn lowers your cholesterol.
- Soluble fiber is found in plant-based foods. If you are unable to eat enough food sources, talk to your Provider about a psyllium supplement.
- Increase dietary fiber intake slowly. Make sure to drink plenty of water.

Tips

- Eat whole fruits, vegetables, whole grains, and/or beans daily.
 - If a fruit or vegetable you enjoy is not on the below list, eat it anyway! Variety is important.
- Choose 1-2 high soluble fiber foods at most meals and snacks.
- Read nutrition facts labels to choose higher fiber foods.
 - A percent Daily Value <5% is low and >20% is high.

Food sources

2.5-4 grams per serving

- 1 mango, 1 large pear
- 3 dried figs
- ½ cup of lima beans or kidney beans

1-2 grams per serving

- 1 tablespoon of flaxseed
- ¼ cup or 1 ounce of nuts or seeds (sunflower seeds, peanuts)
- ½ cup of most beans and peas (black, pinto, navy, green peas, chickpeas, lentils)
- Cooked grains (½ cup barley, ¾ cup oat bran cereal, 1 cup oatmeal)
- 1 cup of toasted oat cereal
- 1 piece of whole fruit (orange, banana, apple, nectarine, plum)
- ½ cup cooked vegetables (broccoli, brussels sprouts, carrots, winter squash, 1 medium baked potato with the skin)

Sample meal plan

- Breakfast: oatmeal, slivered almonds, ground flaxseed, fresh fruit of choice
- Lunch: sandwich on whole wheat bread, side salad topped with beans, fruit

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- Snack: carrots with hummus
 - Dinner: baked fish, baked potato with skin, 1 cup of vegetables
 - Snack: piece of fruit, sunflower seeds
 - Beverages: water, seltzer, unsweetened tea