

# Download Cholesterol Lowering Foods Meal Plan

Ask the RDN: Cholesterol Lowering Meal Plan – Foods That Lower Your Cholesterol. Note: In the spirit of keeping things fresh here on the blog, today kicks off the new series, Ask the RDN. Consistently, research has found that a meal plan full of soluble-fiber-rich foods was incredibly successful in lowering cholesterol – as effective, in fact, as statins. You'll choose high-fiber foods like oatmeal and oat bran, fish and other foods loaded with omega-3 fatty acids, nuts like walnuts and almonds, and olive oil, to help lower cholesterol. Previously, it was thought that reducing cholesterol involved cutting out foods high in dietary cholesterol content, like eggs or shrimp, but these days a cholesterol-lowering diet looks very different. More recent studies show that the amount of saturated fat in your diet, and what you replace it with, is much more important – among other things\*.