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High cholesterol dietary guidelines

New cholesterol guidelines

Total cholesterol < 200mg /dl and
LDL < 120 mg/dl and HDL > 60mg/dl
lipid profile is normal. Recheck every 5 years.

Your lipid profile is normal. Recheck every 5 years.

**Total cholesterol > 200 mg/dl, LDL > 130mg/dl
and HDL < 40 mg/dl.**
You have to go to a doctor for further evaluations.

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LISTING OF FIBER FOR VARIOUS FOODS

CATEGORY A - More than 7 grams of fiber/serving					
FOOD	AMOUNT	TOTAL FIBER (grams)	FOOD	AMOUNT	TOTAL FIBER (grams)
Avocado	1 medium	11.8	Oats, dry	1 cup	12.0
Black beans, cooked	1 cup	14.9	Oat bran, raw	1 cup	14.0
Bran cereal	1 cup	19.9	Oat bran, raw	1 TBS	0.9
Broccoli, cooked	1 cup	4.5	Pinto beans, cooked	1 cup	14.7
Cereal, 100% whole grain	1 cup	10.0	Split peas, cooked	1 cup	16.0
Flaxseed, raw ground	1 cup	46.0	Raspberries	1 cup	8.3
Flaxseed raw, ground	1 TBS	3.0	Rice, brown, uncooked	1 cup	7.9
Green peas, cooked	1 cup	8.0	Soybeans, cooked	1 cup	7.6
Kale, cooked	1 cup	7.2	Wheat bran, raw	1 cup	25.0
Kidney beans, cooked	1 cup	13.3	Wheat bran, raw	1 TBS	1.6
Lentils, cooked	1 cup	15.6	Wheat germ, raw	1 cup	15.6
Lima beans, cooked	1 cup	13.1	Wheat germ, raw	1 TBS	1.0

CATEGORY B - More than 3 grams of fiber/serving					
FOOD	AMOUNT	TOTAL FIBER (grams)	FOOD	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz.	4.2	Papaya	1 each	5.4
Apples, w/skin	1 medium	5.0	Pasta, whole wheat	1 cup	6.3
Banana	1 medium	3.9	Peach, dried	3 pcs.	3.1
Blueberries	1 cup	4.1	Pear	1 medium	5.0
Bread, 100% whole grain	1 slice	3.0	Pistachio nuts	1 oz	3.1
Cabbage, cooked	1 cup	4.2	Potato, baked w/ skin	1 medium	4.8
Cauliflower, cooked	1 cup	3.4	Prunes	1/4 cup	3.0
Corn, sweet	1 cup	4.6	Pumpkin seeds	1/4 cup	4.1
Fiber Snack Bar (Kashi)	35g	4.0	Sesame seeds	1/4 cup	4.2
Figs, dried	2 medium	3.7	Spinach, cooked	1 cup	4.3
Flax seeds	3 tsp	6.9	Strawberries	1 cup	3.9
Garbanzo beans, cooked	1 cup	5.8	Sweet Potato, cooked	1 cup	5.9
Grapefruit	1/2 medium	6.1	Swiss chard, cooked	1 cup	3.6
Green beans, cooked	1 cup	3.9	Turnip greens, cooked	1 cup	5.0

Olives	1 cup	4.3	Winter squash	1 cup	5.7
Oranges, navel	1 medium	3.4	Yam, cooked cubes raw	1 cup	5.3
CATEGORY C - Less than 3 grams of fiber/serving					
FOOD	AMOUNT	TOTAL FIBER (grams)	FOOD	AMOUNT	TOTAL FIBER (grams)
Apricot	3 medium	0.9	Mushrooms, raw	1 cup	1.3
Apricots, dried	5 pieces	2.8	Mustard greens, cooked	1 cup	2.8
Asparagus, cooked	1 cup	2.8	Onions, raw	1 cup	2.8
Beets, cooked	1 cup	2.8	Peanuts	1 oz	2.3
Bread, whole wheat	1 slice	2.0	Peach	1 medium	2.0
Brussels sprouts, cooked	1 cup	2.8	Peppers, sweet	1 cup	2.6
Cantaloupe, cubes	1 cup	1.2	Pineapple	1 cup	1.8
Carrots, raw	1 medium	2.0	Plum	1 medium	1.0
Cashews	1 oz.	1.0	Raisins	1.5 oz box	1.6
Celery	1 stalk	1.0	Romaine lettuce	1 cup	0.9
Collard greens, cooked	1 cup	2.5	Summer squash, cooked	1 cup	2.5
Cranberries	1/2 cup	1.9	Sunflower seeds	1/4 cup	3.0
Cucumber, sliced w/ peel	1 cup	0.8	Tomato	1 medium	1.0
Eggplant, cooked cubes	1 cup	2.4	Walnuts	1 oz.	2.9
Kiwifruit	1 each	2.5	Zucchini, cooked	1 cup	2.6

7 Best Remedies to Lower High Cholesterol Levels Naturally



What are the new guidelines for cholesterol levels. Cholesterol diet guidelines. What is high cholesterol per serving. What foods are high in cholesterol chart.

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