8 SIMPLE RULES TO LOWER YOUR CHOLESTEROL

1. Eat at least one cup of beans daily.

2. Eat at least one ounce of raw nuts and seeds daily.

3. Eat one large green salad a day and include raw onion.

4. Eat steamed green vegetables in every lunch and dinner.

5. Include tomatoes/tomato sauce, berries and/or pomegranate in your diet daily.

6. Take 1 tablespoon of ground flax or chia seeds and a DHA/EPA supplement daily.

7. Avoid refined carbohydrates and added oils.

8. Minimize animal products to less than 5 percent of total calories for the week.