
Fiber and Cholesterol Control

One way to lower cholesterol is to eat more **soluble fiber**.

Soluble fiber is found in foods like oats, beans, peas, barley, and the fleshy parts of fruits and vegetables. It breaks down in water and turns into a thick gel. Soluble fiber sticks to cholesterol and helps it pass out of the body.

Fiber tips:

- Increase your fiber intake slowly!
- Eating **10-25 grams of soluble fiber each day** can help lower LDL or “bad” cholesterol.
 - One way to do this is to have 4 vegetable and 4 fruit servings each day, choose a high fiber cereal at breakfast, and add beans to soups and salads.
- As you eat more fiber, also increase the amount of fluids you drink. This can help you avoid problems with gas.

Foods with estimated 2-4 grams soluble fiber:

- ½ cup dry, oatmeal (before cooking)
- ½ cup kidney beans or lima beans
- 1 medium cooked artichoke
- ½ cup cooked Brussels sprouts

Foods with estimated 1-2 grams soluble fiber:

- ½ cup chickpeas, navy beans, pinto beans, black beans, lentils, black-eyed peas, soybeans
- 1 cup Cheerios®, Raisin Bran® cereal
- ½ cup green beans, carrots, onions, peas, broccoli
- ½ cup potato with skin, sweet potato, winter squash
- 3 prunes or figs
- 1 apple, peach, pear, orange