



## Lower Cholesterol With Soluble Fiber

Research indicates that a total soluble fiber intake of 5 to 10 grams a day can help reduce LDL blood cholesterol levels and cardiovascular events by 15%.

### Cold Cereals (3/4 to 1 cup)

### Soluble Fiber



Kellogg's Fiber Plus Antioxidants (Cinn. Oat Crunch)	5
Kashi Go Lean Crisp	5
Kellogg's Fiber Plus Antioxidants Berry Yogurt Crunch	4
Kellogg's All Bran Buds (1/3 cup)	3
Fiber One-Honey Clusters; Raisin Bran Clusters & Carmel Delight	3
Kashi Go Lean-Crunch	3

### Hot Cereals (1/2 cup cooked)



Quaker/Kroger High Fiber Instant Oatmeal*	8
Quaker Weight Control Instant Oatmeal (all varieties)	4
Kashi Go Lean Instant Hot Cereal (all varieties)	3-5

\*Traditional oatmeal contains 1-2 grams soluble fiber

### Fruit



Pear (large)	3
Orange, Grapefruit (medium size)	2
Mango (1/2 small)	1.7
Prunes (1/2 cup)	1.5

### Vegetables (1/2 cup cooked)



Brussels Sprouts	3
Lima Beans	3
Sweet Potato	1.8
Asparagus, Turnip	1.7
Peas, Green	1.3



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### Legumes (1/2 cup cooked)



	Soluble Fiber
Black Beans	2.4
Navy Beans	2.2
Kidney Beans	2.0

### Miscellaneous



Quaker Oatmeal to Go-High Fiber Maple Brown Sugar	6
Sunsweet Plum Smart Juice	3
Dreamfields Pasta	3
Kashi Go Lean Roll Protein & Fiber Bar- Oatmeal Walnut	3
Bob's Red Mill 13 Bean Soup	3
Bob's Red Mill Bountiful Black Bean Soup	3
Kashi TLC Crunchy Granola Bars	2-3