

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 All Bran Buds	5
Grapenuts	5
Kellogg's Fiber Plus Antioxidants Berry Yogurt Crunch	4
Kashi Go Lean-Crunch	3



Hot Cereals (1/2 cup cooked)

Quaker/Kroger High Fiber Instant Oatmeal*	9
Quaker Weight Control Instant Oatmeal (all varieties)	4
Kashi Go Lean Instant Hot Cereal (all varieties)	2-5

**Traditional oatmeal contains 1-2 grams soluble fiber*

Vegetables



Brussels Sprouts (1 cup raw)	3
Lima Beans (1 cup)	3
Carrots (1 cup raw)	2.5
String Beans (1 cup raw)	2
Broccoli (1 cup raw)	2
Sweet Potato (1/2 cup)	1.8
Asparagus, Turnip (1/2 cup, 1 cup)	1.7
Cauliflower (1 cup raw)	1.5
Peas, Green (1/2 cup)	1.3
Collard Greens (1 cup frozen)	1.1
Romaine Lettuce (1 cup raw)	0.5



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Fruit	Soluble Fiber
 Pear (large)	3
Blackberries (1 cup)	2.4
Orange, Grapefruit (medium size)	2
Avocado (medium size)	1.9
Prunes (1/2 cup)	1.7
 Dates (1 cup dried)	1.7
Mango (1/2 small)	1.5
Pears (medium size)	0.9
Peach (medium size)	0.7
Cherries (1 cup)	0.6
Blueberries (1 cup)	0.6
 Banana (medium size)	0.6
Apple (medium size with skin)	0.3
Raisins (1.5 ounce box)	0.2
Grapes (1 cup)	0.1
Legumes (1/2 cup cooked)	
 Black Beans	2.4
Navy Beans	2.2
Kidney Beans	2.0
Miscellaneous	
Quaker Oatmeal to Go-High Fiber Maple Brown Sugar	6
Dreamfields Pasta	3
Sunsweet Plum Smart Juice	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



FIBER CONTENT OF FOODS

BREADS/GRAIN RICE/PASTA	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Teff flour	1 cup	6.8	trace	192
Pearl Barley	1 cup cooked	5.9	1.66	193
Brown rice	1 cup cooked	3.5	0.39	218
White rice	1 cup cooked	0.5	0.10	205
Oat bran bagel	4"	2		247
Rye Bread	1 slice	1.9	0.84	82
Whole wheat bread	1 slice	1.9	0.57	68
White bread	1 slice	0.5	0.15	80
Corn Grits	1 cup cooked	0.5	0.41	145
Whole wheat pasta	1 cup cooked	3.9	0.78	173
White pasta	1 cup cooked	2.3	0.56	197
CEREALS	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Grape Nuts	1 cup	10	5.07	380
Raisin Bran	1 cup	8	1.97	186
Corn Bran	1 cup	7.9	0.24	156
Oatmeal (instant)	1 cup	2.5	1.64	103

SNACKS	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Almonds (with salt)	1 oz dry roasted	3	0.43	169
Peanuts	1 oz dry roasted	2	0.64	165
Walnuts	1 oz	1.8	0.45	185
Popcorn	1 cup	1.2	trace	30

BEANS AND LEGUMES	SERVING SIZE	FIBER (grams)	SOLUBLE FIBER (grams)	CALORIES
Split peas	1 cup cooked	16	5.53	231
Kidney beans (canned)	1 cup	16	1.41	217
Lentils	1 cup cooked	15.6	6.73	229
Pinto beans	1 cup canned	14.0	trace	206
Baked beans	1 cup canned	12.7	1.79	236
Chick Peas	1 cup canned	12.0	3.87	286
Black eyed peas	1 cup canned	11.0	1.38	160
Tofu	1 cup firm	0.5	0.25	97



Soluble fiber acts like a sponge in the gut.

- The soluble fiber in foods, such as oats, binds with cholesterol and removes it from the blood stream.
- It can help lower blood sugar because it slows how fast foods are digested. So it is important if you have diabetes.
- It may help firm stool and reduce diarrhea.



CHOLESTEROL: THE FACTS

Cholesterol 101

- 1.5 million Australians have high cholesterol.
- Cholesterol provides structure to cells, is involved in hormone production and even plays a role in digestion. Too much, however, is harmful to cardiovascular health and increases your risk of heart attack and stroke.
- There are two main types of cholesterol:
 - 1. Low-density lipoprotein (LDL)** – the ‘bad’ cholesterol that can clog arteries.
 - 2. High-density lipoprotein (HDL)** – the ‘good’ cholesterol that removes LDL cholesterol from the bloodstream and takes it back to the liver.



Lower your cholesterol, naturally

Simple dietary and lifestyle interventions can improve your cholesterol profile. These include:

- 1. Reducing intake of saturated fat**, which is strongly linked to elevated LDL cholesterol levels. Deep fried foods, biscuits, cakes, butter and processed meats are high in saturated fat.
- 2. Eating more fibre.** Soluble fibre prevents the reabsorption of cholesterol-containing bile salts from the bowel, lowering cholesterol. Fruit, vegetables, legumes, nuts, seeds and wholegrains are rich in fibre.
- 3. Oats are particularly good for you** because they contain a special type of fibre called beta-glucan which has strong cholesterol-lowering properties. UNCLE TOBYS Traditional Rolled Oats are also a source of fibre and are 100% whole grains.
- 4. Consider plant sterols**, which actively block cholesterol absorption. They are found naturally in plant foods but can be added to products like milk and spreads. Two to three grams of plant sterols per day is recommended to improve cholesterol profile.

“Just 40g of rolled oats (1/3 cup) contains over a half of the amount of beta-glucan needed daily to help lower cholesterol.”¹

DID YOU KNOW?

- Saturated fat is the key dietary contributor to elevated LDL cholesterol, not cholesterol itself.
- One third of a cup of rolled oats provides almost 4 grams of heart-healthy fibre - that’s around 12% of your recommended daily intake.
- Eggs contain cholesterol, but they have virtually no effect on blood cholesterol levels.
- There are no obvious symptoms of high cholesterol, so getting your blood cholesterol tested regularly is key.



Supported by UNCLE TOBYS
¹as part of a diet low in saturated fat

For more information, visit...

✓ Heart Foundation <https://www.heartfoundation.org.au/Heart-health-education/High-blood-cholesterol>