

## Anti-Cholesterol Foods

<u>Psyllium fiber</u>	<u>garlic</u>
<u>Oat bran</u>	<u>soy products</u>
<u>Fish</u>	<u>fish oil</u>
<u>Green tea</u>	<u>red wine</u>
<u>Olive oil</u>	<u>fruits</u>
<u>Apples</u>	<u>shrimp</u>
<u>Vegetables</u>	<u>almonds</u>