

# SHOP SMART & FILL UP YOUR CART!



## For Controlling High Cholesterol




This list of our Top 60 Favorites will **help you load your grocery cart with foods that may help reduce LDL (bad) cholesterol**. They may also help you lower blood pressure and blood sugar, and shed excess weight.

### TIP:

To lower LDL levels, limit your intake of foods full of saturated fats, trans fats, and dietary cholesterol.

### PROMOTES:

 lowers cholesterol naturally

1. Have your meals planned out ahead of time
2. Keep track of what goes into your cart by using check boxes
3. Know what foods to avoid before you start shopping

## GREAT FOR CONTROLLING HIGH CHOLESTEROL



### Fruits & Vegetables

- Vegetables – Especially veggies/starchy veggies higher in soluble fiber, like yams, sweet potatoes, peas, Brussels sprouts, and carrots
- Fruits – Especially fruits higher in soluble fiber, like berries, passion fruit, oranges, pears, apricots, nectarines, and apples



### Beans & Legumes

- Dried beans and legumes: no seasoning packets unless sodium (salt)-free
- Canned beans and legumes – no salt added
- Frozen beans and legumes – no salt added, no sauce, no butter
- Health Valley Organic Bean Chili – no salt added
- Engine 2 Assorted Variety Bean and Grain Burgers
- Pritikin Veggie Burgers: order from [www.pritikin.com](http://www.pritikin.com)



### Hot Cereals

- Oatmeal (Irish oats, steel-cut, old-fashioned, quick-cooking, instant): plain, unflavored
  - Oat bran: plain, unflavored
  - Barley: plain, unflavored
- Brands with good choices for all the above include Arrowhead Mills, Bob's Red Mill, and Erewhon



### Desserts

- Popsicles: no sugar added
- Jello gelatin - sugar-free



### Tomato Products

- Pasta sauce (marinara or tomato) - no salt added
- Tomato paste/puree - no salt added
- Salsa - no salt added
- Canned tomatoes - no salt added



### Dips, Dressings & Condiments

- Pritikin Salad Dressings: order from [www.pritikin.com](http://www.pritikin.com)
- Salad dressings: low-fat, low sodium   
Good brand choice is Health Starts Here
- Hummus: low sodium, no added oil   
Good brand choice is Engine 2
- Vinegar – no salt added, sugar-free
- Ketchup – no salt added, sugar-free   
Good brand choices include Heinz, Hunt's, and Westbrae
- Mustard – no salt added   
Good brand choices are Coleman's Mustard Powder and Westbrae Natural



### Whole Grains

- Barley: 100% whole grain, not pearled
- Pasta: 100% whole grain, whole wheat, whole durum, whole semolina
- Couscous: 100% whole wheat, no seasoning packet unless sodium (salt)-free
- Rice: brown, whole grain, or wild
- Quinoa
- Farro: 100% whole grain
- Cornmeal: whole grain, no grits
- Flour: 100% whole grain



## Animal & Seafood Protein & Substitutes



- Egg whites
- Tuna, salmon, and other wild caught fish
- Shellfish (fresh or no-sauce-added frozen) 1x a week
- Chicken and turkey breast 1x a week
- Deli meats: chicken and turkey – no salt added, 1x a week
- Tofu: any texture, plain   
Refrigerated brand choices include Leasa, Nasoya, Silken, WestSoy, Wild Wood Organics, and store brands. Shelf stable brand: Mori-Nu
- Tempeh: plain, no salt added. Good brand is Lightlife
- TVP (Textured Vegetable Protein): any size, plain
- TSP (Textured Soy Protein): any size, plain   
Good brand choices for TVP and TSP are Bob's Red Mill and Now Foods



## Snack Foods / Drinks

- Popcorn – no salt added
- Baked tortilla chips – no salt added   
Good brand choices are Guiltless Gourmet and Garden of Eatin Baked Yellow Chips
- Edamame (found in frozen or refrigerated sections)
- Fat-free, low sodium hummus with vegetables
- Fruits and vegetables
- Unsweetened tea, green tea, water



## Dairy Products & Substitutes

- Soy milk (vanilla or plain): unsweetened
- Dairy milk: non-fat skim or evaporated skim
- Yogurt (plain or flavored) – fat-free
- Cottage cheese – 1%, no salt added   
Good brand choices are Friendship and store brands
- Ricotta cheese – fat-free   
Good brand choices include Polly-O, Sorrento, and Sargento
- Reduced fat and soy/veggie-based cheeses
- Sour cream: use as a condiment – fat-free only



## Bread Products



- Bread: 100% whole grain, 100% sprouted grain, no partially hydrogenated fat – low sodium
- Pita, wraps, bagels: 100% whole wheat – no salt added
- Bread crumbs: 100% whole wheat – no salt added   
Good brand choices for all the above include Alvarado Street Bakery, Food For Life, Toufayan Pitettes, and 365 (Whole Foods)



## Spices, Herbs & Extracts

- Any variety of extracts (vanilla bean, etc)
- Spices & herbs, no salt added. Look for no salt or sodium in the Ingredients List.
- Garlic

### Tips For Optimal LDL Cholesterol Lowering:

- For chicken breast/turkey breast/shellfish, limit to one of these, once a week. Limit serving size to no more than 4 ounces.
- Limit red meat (choose cuts under 30% fat) to once a month, and no more than 4 ounces per serving.
- Choose on most days protein-rich plant foods instead of animal foods like poultry and meat. Good choices are legumes like beans, peas, and lentils, and products like TVP; and soy products like tofu, edamame, tempeh, and TSP.

There is so much conflicting information out there, that we have also taken an extra step and provided you with three Top 10 lists on **what to AVOID if you have specific health concerns.**

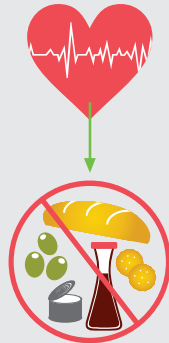
## LOWERING CHOLESTEROL & REVERSING HEART DISEASE: AVOID THE FOLLOWING FOODS!

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| <ul style="list-style-type: none"> <li>• Beef</li> <li>• Lamb</li> <li>• Pork</li> <li>• Bacon</li> <li>• Dark meat chicken &amp; turkey</li> <li>• Egg yolks: use egg whites instead</li> </ul> | <ul style="list-style-type: none"> <li>• Regular or low-fat cheese: use fat-free instead</li> <li>• Butter/margarine</li> <li>• Butter/margarine substitutes: this includes oil based spreads</li> <li>• Coconuts &amp; coconut oil</li> </ul> |
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## LOWERING BLOOD PRESSURE: AVOID THE FOLLOWING FOODS!

- Regular soups (often high in salt)
- Frozen entrees (order meals from [www.pritikin.com](http://www.pritikin.com) instead)
- Regular salad dressings (often high in salt)
- Soy sauce
- Pickles, olives and capers
- Regular bread and regular crackers (often high in salt)
- Seasoning mixes
- Regular canned food (often high in salt)
- Salty snacks (pretzels, chips, etc)
- Bacon



## IF YOU'RE TRYING TO LOSE WEIGHT: AVOID THE FOLLOWING FOODS!

- Avocado
- Nuts
- Nut butters: this includes peanut butter, almond butter, etc
- Any oil: this includes olive oil
- Cold cereal
- Rice cakes
- Crackers
- Pretzels
- Tortilla chips & rice crackers
- Desserts: this includes cake, cookies, candies, ice cream, etc.



Although the items on this shopping list are all Pritikin approved, some foods are better for some people than others are, and some foods are not for everyone.

This is just the tip of the iceberg, and there are a lot more foods out there that you can eat while still adhering to the **Pritikin Eating Plan**.

Visit [Pritikin.com](http://Pritikin.com) for some delicious and healthy recipes!

