**Q:** Which vegetables and fruits help reduce cholesterol?

**A:** Fiber content is key! When looking for fruits and vegetables, choosing those high in fiber will help you reduce your cholesterol.

How it works: Once you eat a meal with fiber, the fiber binds to some of the cholesterol eaten, as well as to some of the cholesterol your body makes. Once it is bound, the cholesterol is excreted in your feces.

Daily recommendation: Adult women should get at least 25 grams of fiber a day; men should get at least 38 grams.

**Fruits high in fiber:** Pears, raspberries, blackberries, stewed prunes, dried figs, dates, canned pumpkin, apples with skin, bananas, oranges.

**Vegetables high in fiber:** Sweet potatoes, green peas, potatoes with skin, spinach, Brussels sprouts, sauerkraut, tomato paste, winter squash, broccoli, parsnips, turnip greens, collard greens.

**Other good sources of fiber that will help lower cholesterol:** Soy beans, chickpeas, navy beans, lentils.

Whole grains, such as bran cereals, rye crackers, whole-wheat English muffins, bulgur, whole-wheat pasta, oatmeal.

**Other advantages of eating fiber:** It helps maintain normal bowel function and helps control body weight by making you feel full, so you don’t need to eat as much.

Source: American Dietetic Association, February 11, 2009, Tip of the Day: Start Your Day with Fiber

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