Diets and Heart Healthy Menus

The Benefits of Eating a Low Cholesterol Diet

Food & Fitness Planner

Living Healthy

Your GUIDE to Lowering Your Cholesterol with TLC

Dash Diet-for High Blood Pressure

Y O U R G U I D E to Lowering Your Blood Pressure with DASH

The DASH Eating Plan

Best DASH Diet Recipes

One Week with the DASH Eating Plan

Sample menus for the DASH diet
Mayo Clinic Healthy Weight Pyramid: A sample menu

Simple Cooking with Heart Recipes- American Heart Association....See Recipes!
NUTRITION FOR A HEALTHY HEART

Top 5 Foods to Lower Cholesterol

Here are the Top 5 foods or food groups that can lower your cholesterol and protect your heart, as suggested by the experts at Mayo Clinic.

1. **Oatmeal, oat brain and high-fiber foods**
   (5–10 grams/day)

2. **Fish and Omega-3 fatty acids**
   (2 servings/week)

3. **Walnuts, almonds and other nuts**
   (1.5 ounces/day)

4. **Olive Oil**
   (23 grams/day)

5. **Foods with added plant sterols or stanols**
   (2 grams/day)

CHECK OUT THESE INTERESTING WEBLINKS:-

1. [Healthy Eating for a Healthy Weight](#)
2. [Healthy Eating Plan](#)
3. [Diet & Weight Management](#)
4. [Healthy Eating Plate & Healthy Eating Pyramid](#)
Katz and Yale colleague Stephanie Meller published their findings in the current issue of the journal *Annual Reviews* in a paper titled, "Can We Say What Diet Is Best for Health?" In it, they compare the major diets of the day: Low carb, low fat, low glycemic, Mediterranean, mixed/balanced (DASH), Paleolithic, vegan, and elements of other diets. Despite the pervasiveness of these diets in culture and media, Katz and Meller write, "There have been no rigorous, long-term studies comparing contenders for best diet laurels using methodology that precludes bias and confounding. For many reasons, such studies are unlikely."

They conclude that no diet is clearly best, but there are common elements across eating patterns that are proven to be beneficial to health. "A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention."