**Lower your cholesterol with the "Eat for Life” Whole Food Plant Based Plan**

**UNLIMITED:**

\*Eat as much as you want:

Raw vegetables (goal 1 lb.daily). Ex: Romaine, Kale, arugula, broccoli, cauliflower, brussel sprouts, spinach, etc.

\*Cooked or raw green and non-green nutrient-rich vegetables (goal: 1 lb daily; EX: eggplant, mushrooms, peppers, onions, tomatoes, carrots, cauliflower).

\*Beans, legumes, bean sprouts, or tofu (goal:1 cup daily).

\*Fresh fruits (4 servings daily)

**LIMITED:**

\*Cooked starchy vegetables and whole grains:

Butternut and acorn squash, corn, white potatoes, rice, sweet potatoes, bread, cereal (not more than one serving or 1 cup per day).

\*Raw nuts and seeds (1 oz. max per day). \*Avocado (2 oz. max per day).

\*\*\*see recipes and other Whole Food Plant Based resources at:

[www.stateofwell-being.com](http://www.stateofwell-being.com)

\*Dried fruit (2 tablespoons max per day). \*Ground flaxseeds (1 tablespoon max per day).

**OFF LIMITS:**

Dairy products, animal products, processed foods, sugar, between-meal snacks, fruit juice & oils.



**State of Well-being**

**with Carlisa Krenek**

**Ref: Joel Fuhrman, M.D. / Book: Eat for Life**