



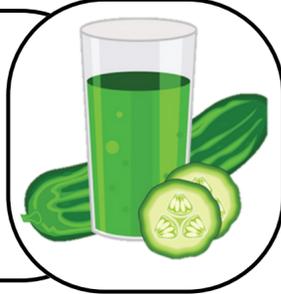
# AMBA HEALTH CENTRE & HOSPITAL (AHCH)

## CHOLESTEROL LOWERING FOODS

SELECT ANY 5

1

**Cucumber / Dudhi +  
Tomato Juice**  
Daily - 200 ml



2

**Arjun ni Chaal /  
Bark Powder**  
1 Spoon Kada - 3 Months



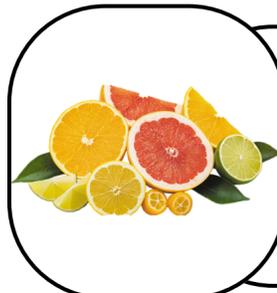
3

**Flax seeds**  
Daily - 4 Spoons



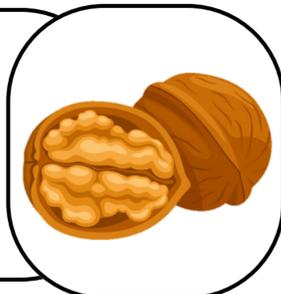
4

**Citrus Fruits**  
Daily - 200g



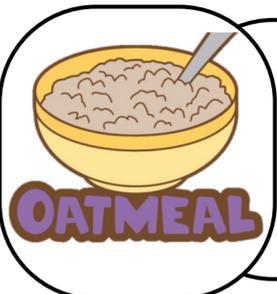
5

**Walnuts**  
Daily - 4 Splits



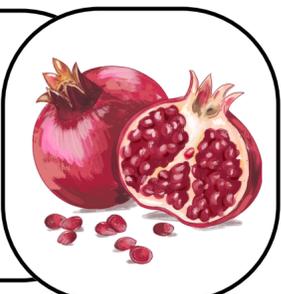
6

**Oats**  
Daily - 30g / 1/2 Cup



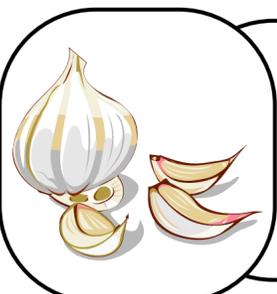
7

**Pomogranate**  
Daily - 1 no.



8

**Garlic**  
Daily - 2 Cloves



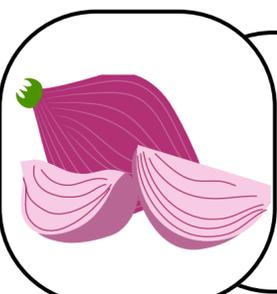
9

**Methi Seeds**  
Daily - 1 tbsp



10

**Onion**  
Daily - 1 raw



# CHOLESTEROL LOWERING FOODS

11

**Tulsi**

Daily - 25 leaves



12

**Ginger**

Daily - 1 small finger size



13

**Cinnamon**

Daily - 2 tsp



14

**Green Tea**

Daily - 2 cup



15

**Giloy**

Daily - 2 to 3 small stick



16

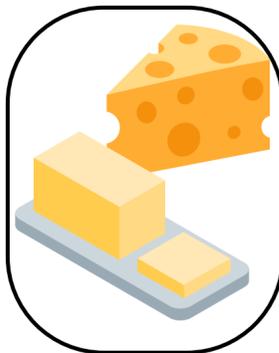
**Any Exercises that  
make you sweat.  
6 days a week**



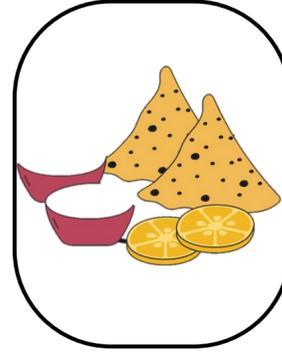
## FOODS TO AVOID



**High fat milk**  
Gold / Buffalo milk



**Butter**  
**Cheese**



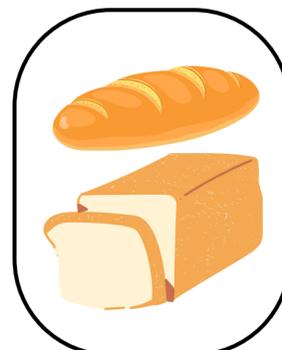
**Deep fried**  
**snacks**



**Cake**  
**Icecream**



**Chocolates**



**Processed foods**