

LowPlant Sterols Diet

Things to avoid

- **Wheat germ**
- **Rice bran**
- **Nuts (include peanut butter)**
- **Seeds**
- **Olives**
- **Avocados**
- **All Vegetable oils**
- **Margarine**
- **Shortening**
- **Chocolate**
- **Shellfishes(Oysters, clams, mussels and whole scallops and shrimps, lobsters, and crabs)**
- **Foods or supplements with added plant sterols**

