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Adding Soluble Fiber to Lower Your Cholesterol - Lipid

lifestyle and support you in your nutrition journey. Talk with an RDN for the answers to your nutrition questions. Healthy fats with 1 or more grams of soluble fiber are 2 tbsp avocado, 1 tbsp whole chia seeds, and 2 tbsp ground flax seeds. Starchy vegetables like sweet potatoes and green

peas have 1 gram or more soluble fiber in ½ cup.

ACCEPTABLE COMBINATIONS OF DIABETES MEDICATIONS ...

ACCEPTABLE COMBINATIONS OF DIABETES MEDICATIONS (Updated 01/27/2021) The chart on the following page outlines acceptable combinations of medications for