

Prevention

Shortcut to lower cholesterol

Recent McGill University research found that among 74 adults with high cholesterol, those who ate 1.8 g of plant sterols a day dropped their cholesterol levels by 8.2%—without changing their diets in any other way. For best results, aim for 1.3 g a day of sterols, plus a diet that's low in cholesterol and saturated fat.

Good sources of cholesterol-slashing sterols:

Rice Dream

Heartwise Rice Drink, 8 oz

0.65 g

Minute Maid Premium

Heart Wise Orange Juice, 8 oz

1.0 g

Heartwise

Instant Oatmeal, 1.5 oz dry

0.4 g



0.45 g

Smart Balance Omega Plus Buttery Spread, 1 Tbsp

0.65 g

Lifetime Low Fat Cheese, 1 oz

1.7 g

Take Control Spread, 1 Tbsp

0.4 g

Yoplait Healthy Heart Low-fat Yogurt, 6 oz

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