

### PLANT STANOLS AND STEROLS TO HELP LOWER CHOLESTEROL

**About Cholesterol.** Cholesterol is a fat like substance produced in the liver. It is also found in animal sources of foods such as meat, fish and chicken. It can start clogging your arteries as early as age 2. If you have a family history of heart disease, heart attacks, have diabetes or are overweight you are at risk for heart disease. Foods that help the body to protect the heart by getting rid of cholesterol are foods that contain plant stanols and sterols. These foods are encouraged for anyone to act as a preventative measure for heart disease. Lowering or eliminating foods from animal animals such as whole milk dairy products, meat, poultry and fish and replacing them with roasted nuts, seeds, beans and lentils and calcium fortified organic beverages such as rice or soy milk is a good alternative!

**So What Are Plant Stanols? Plant sterols and stanols** are *phytosterols*, essential components of plant membranes that resemble the chemical structure of animal cholesterol and carry out similar cellular functions in plants. *Sterols* are present naturally in small quantities in many fruits, vegetables, nuts, seeds, cereals, legumes, vegetable oils, and other plant sources. *Stanols* occur in even smaller quantities in many of the same sources.

**CHOOSE DAILY NATURAL SOURCES OF PLANT STEROLS and Stanols:** Roasted Nuts, seeds, whole oats, barley, cooked soy beans, all cooked beans.

#### Example of natural PLANT STEROL CONTENT OF FOODS:

<u>Naturally occurring</u>	<u>Grams of plant sterols per serving)</u>
Almonds	(0.03 g plant sterols/ 1 oz)
Apple	(0.025 g/ 1 large)
Avocados	(0.13 g/ 1 small)
Corn Oil	(0.13 g/ 1 Tbsp)
Olive Oil	(0.03 g/1 Tbsp)
Peanuts, raw	(0.062 g/ 1 oz)
Spinach, raw	(0.003 g/ 1 cup)
Tomato, raw	(0.009 g/ 1 medium)
Walnuts, dried	(0.031 g/ 1 oz)
Sesame seeds	(0.1 g/ 1 Tbsp)
Sunflower seeds	(0.19/ ¼ cup)
Wheat germ Oil	(0.08 g/ 1 Tbsp)
For Adults only: Centrum Cardio /1 tablet	0.4 g

**Note:** *There are many foods that have plant stanols added such as margarine spreads but the phytonutrients in natural unprocessed foods has far more benefit not only for your heart but your entire immune system!*

**Consult Linda Arpino, registered dietitian (203)321-8454 and your MD for the amount you need each day to have a heart healthy diet.**