

♥ HEART HEALTH

Wanted: 250,000 Americans To Take Their Health To Heart

(NAPSA)—One of the ways people can help prevent heart disease is by lowering their cholesterol. According to the American Heart Association and the American Stroke Association, nearly 100 million Americans have total blood cholesterol at or above the recommended 200 mg/dL. Just a 10 percent decrease in total cholesterol levels population wide may result in up to an estimated 30 percent reduction in the incidence of coronary heart disease.

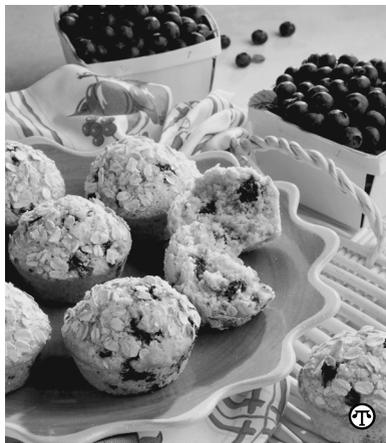
Take A Positive Step

In an effort to help people make positive steps toward improving their heart health, The Quaker Oats Company wants 250,000 Americans to pledge to take the Quaker Smart Heart Challenge.

For each person who takes the pledge now through February 2008, Quaker will donate \$1 to the Larry King Cardiac Foundation (up to \$250,000), which provides funding for cardiac procedures for individuals in need.

For 10 years, Quaker has encouraged people to take the Quaker Smart Heart Challenge as a simple way to help improve heart health by lowering cholesterol—both total cholesterol and LDL (“the bad”) cholesterol. Three grams of soluble fiber daily from oatmeal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Taking the challenge is easy: 1) have your cholesterol tested; 2) eat a good-sized bowl of oatmeal every day plus limit foods that add saturated fat and cholesterol; 3) exer-



There's more than a grain of truth in the fact that these delicious oatmeal muffins can help you manage your cholesterol.

cise every day. After 30 days, have your cholesterol tested again.

Here's a tasty recipe that will help get you started toward heart health:

LEMON-BLUEBERRY OATMEAL MUFFINS

- 1½ cups Quaker® Oats (quick or old fashioned, uncooked), divided**
- 2 tablespoons firmly packed brown sugar**
- 1 cup all-purpose flour***
- ½ cup granulated sugar**
- 1 tablespoon baking powder**
- ¼ teaspoon salt (optional)**
- 1 cup skim milk**
- 2 egg whites, lightly beaten**
- 2 tablespoons vegetable oil**
- 1 teaspoon grated lemon peel**

- 1 teaspoon vanilla**
- 1 cup fresh or frozen blueberries (do not thaw)**

***Add 2 tablespoons additional flour if using old fashioned oats.**

1. Heat oven to 400° F. Line 12 medium muffin cups with paper baking cups. For topping, combine ¼ cup oats and brown sugar; set aside.

2. For muffins, combine 1½ cups oats with remaining dry ingredients in large bowl; mix well. In small bowl, combine milk, egg whites, oil, lemon peel and vanilla; mix well. Add to dry ingredients; stir just until moistened. Gently stir in berries. Fill muffin cups almost full; sprinkle with topping.

3. Bake 20 to 24 minutes or until light golden brown. Cool muffins in pan on wire rack for five minutes; remove from pan. Serve warm.

Makes 1 dozen muffins

NUTRITION INFORMATION: 1 muffin

Calories 180, Calories From Fat 30, Total Fat 3.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 150mg, Total Carbohydrates 33g, Dietary Fiber 2g, Protein 5g.

Take the Pledge

Visit www.quakeroatmeal.com to take the pledge and manage your progress during the 30-day challenge with coaching advice from real people with real results.