

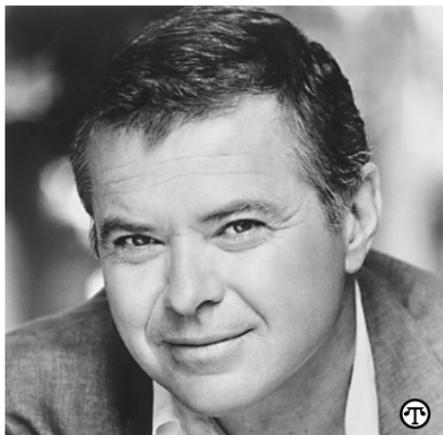
# ♥ HEART HEALTH

## Lower Cholesterol: Robert Urich Tells How

(NAPSA)—Robert Urich, known for his tough guy roles on *Vegas* and *Spenser: For Hire* is fighting a new bad guy these days—high cholesterol, a condition that can lead to heart disease, the number one killer in the U.S.

470,000 men and women will die from heart attacks this year, the American Heart Association reports. At risk: the 100 million Americans who have high LDL or “bad” cholesterol—including Urich, who’s made some heart healthy lifestyle changes. Urich uses Take Control®, a cholesterol-lowering spread clinically proven to significantly lower LDL cholesterol; it may reduce the risk of heart disease when eaten twice a day with meals as part of a diet low in saturated fat and cholesterol. “By adding Take Control spread to my diet I was able to lower my bad cholesterol by 12 percent in only two weeks,” says Urich. On average, Take Control lowers LDL levels by 10 percent.

Urich consulted with nutritionist Ruth Carey, R.D., L.D., who offers additional cholesterol-lowering tips: Replace foods high in saturated fat and cholesterol with foods high in mono or polyunsaturated fat (i.e., replace fatty meats with skinless chicken breast); eat



**Robert Urich: now fighting cholesterol.**

a variety of fruits and vegetables; eat two servings of omega 3 fatty fish (i.e., salmon or tuna) per week; eat at least three servings of whole grains daily; consume nuts, foods with soy protein and oatmeal.

“This has been a tough fight,” says Urich. “I’m not worried, though, because I’m conquering this challenge and staying healthy with diet and exercise—and I’ve seen great results so far.” To learn more about Take Control, and how you can cook cholesterol-lowering meals, as well as for information about cholesterol and heart disease, visit [www.takecontrol.com](http://www.takecontrol.com).