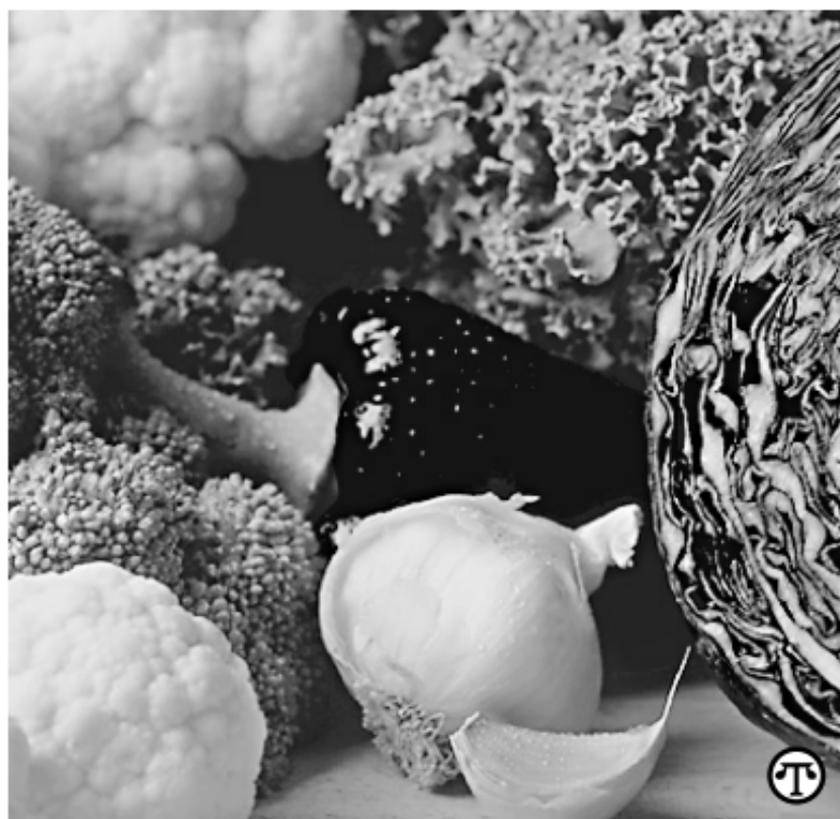


# Food For Thought

## Lower Your Cholesterol

(NAPSA)—If high cholesterol has you scared stiff, take heart. You can combat the number one risk factor for heart disease, which is responsible for  $\frac{1}{3}$  of all deaths worldwide.



**With plant sterols, you can lower your cholesterol naturally.**

Phytosterols are plant lipids that are naturally present in vegetables, fruits, and grains. When phytosterols, or plant sterols, reach the digestive tract, they block gastrointestinal absorption of dietary cholesterol into the bloodstream, lowering serum cholesterol. By including phytosterols as part of a healthy diet that is also low in saturated fat and cholesterol, you can lower your cholesterol level and improve your overall cardiovascular health.

The first company to receive Food and Drug Administration permission to make heart health claims for a broader range of foods and beverages containing phytosterols, Cargill Health & Food Technologies says its product, CoroWise™ phytosterols, can make foods that were already good for you even better. Look for the CoroWise™ logo on the labels of heart-healthy foods, beverages and dietary supplements containing Cargill's phytosterols. To learn more, visit [www.corowise.com](http://www.corowise.com).