

Fats for health: stanols and sterols lower your cholesterol

They are plant fats similar in form to cholesterol. They are called stanols and sterols. They are not usable by humans and are not absorbed well from the intestines. They are found in soy beans (sterols) and pine trees (stanols).

Use them regularly (2 grams daily) to help lower your total cholesterol and your LDL (bad) cholesterol by up to 10 - 13 %.

They do not lower HDL (good) cholesterol or triglycerides levels.

You can improve your diet by also limiting the bad fats in your food. Stanols and sterols can help even if you continue to eat bad fats. They work regardless of your usual diet.

Perhaps you already take a cholesterol lowering medicine, should you use these fats also? Yes, studies show they are equally effective with and without other cholesterol medicines. Talk to your doctor about adding these foods to your treatment program.

Stanols and sterol foods can be used as a first line of treatment or in addition to other treatments without causing problems. The fats are available as margarine and salad dressings.

Should you use these fats? Talk to your doctor first. You may safely use these fats if you are an adult, and your doctor has told you to lower your cholesterol.

Precaution. Some vitamins are not absorbed as well when these fats are eaten.

- Beta carotene
- *a*-tocopherol
- lycopene



Ask your doctor if you should take a multiple vitamin daily.