
Foods that can Help Lower Cholesterol: Phytosterols

What are phytosterols (fi-to-ster-ols)?

Phytosterols are a natural part of many vegetables and grains. You might see them listed on a food label as plant sterols or stanols.

Why add foods that contain phytosterols to my diet?

These foods can help lower your cholesterol if you have a high cholesterol level. This part of foods has been shown to block your body from taking up cholesterol and could lower your LDL (lousy) cholesterol by 10-15%.

What foods should I eat more of?

Grains, non-starchy vegetables, fruits, nuts, seeds, legumes, and vegetable oils. Some companies have started to add this to certain foods. A few of these products are:

- Minute Made Premium Heart Wise orange™ juice
- Benecol® spread
- CocaVia® products
- VitaMuffin VitaTops® dark chocolate pomegranate flavor
- Promise Activ® spread
- Smart Balance Heart Right® fat-free milk
- Smart Balance Heart Right® buttery spread

How much do you need to eat?

Eating 2-3 grams of phytosterols per day has been shown to lower your cholesterol. Phytosterol supplements are also available.