

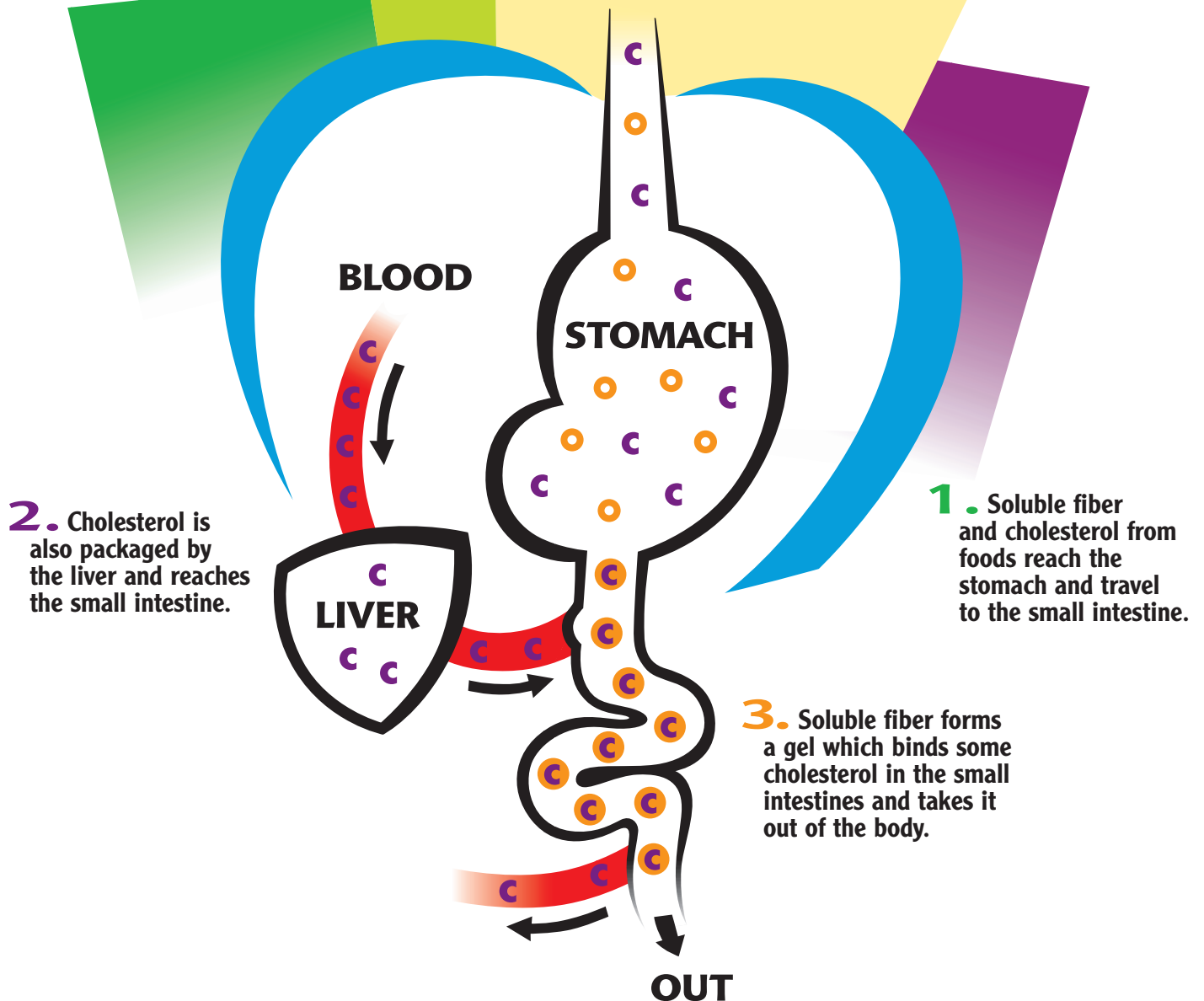
CHOLESTEROL

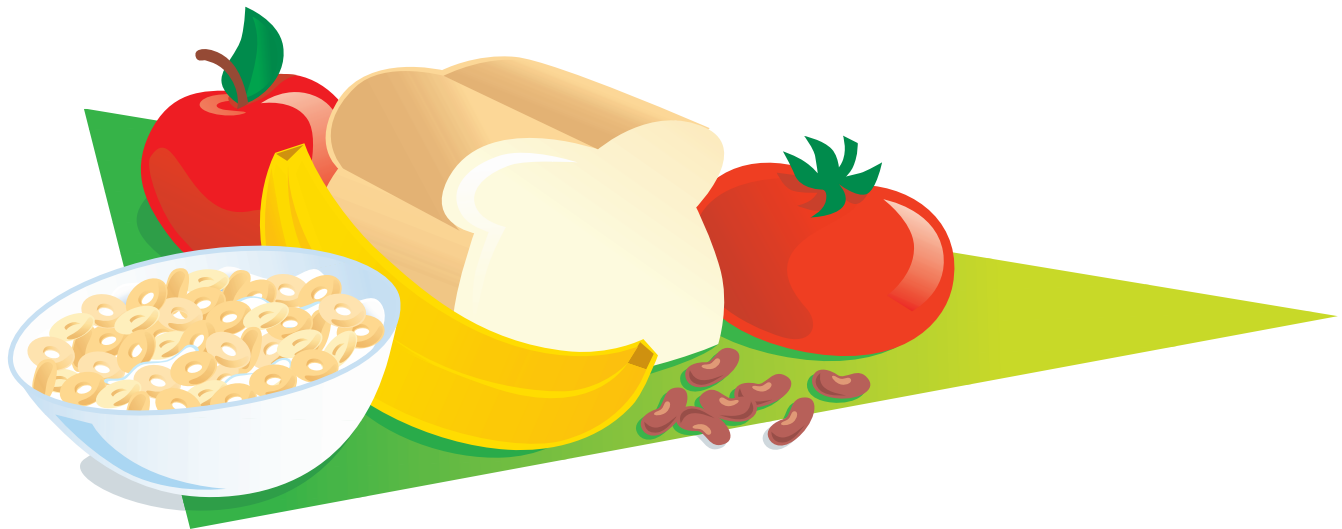
HOW SOLUBLE FIBER MAY LOWER CHOLESTEROL

While scientists are still unraveling the details, this picture shows how the soluble fiber from the foods you eat can help lower the cholesterol in your blood.

 SOLUBLE FIBER

 CHOLESTEROL





5 TIPS TO INCREASE THE SOLUBLE FIBER IN YOUR DIET

- ✓ **Make whole grain oat cereals, like Cheerios[®], a part of every breakfast.**
- ✓ **Eat fresh fruit with every breakfast and for snacks.**
- ✓ **Switch to whole grain rye bread.**
- ✓ **Add more vegetables to sandwiches, pizza, pasta and other entrees.**
- ✓ **Make soup, chili and enchiladas with kidney beans, black beans or other legumes.**

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