



Cholesterol-Busters

Coronary heart disease is the single largest cause of death in Western countries, with a high cholesterol level, a key risk factor.

New research shows that certain foods are powerful in their own right, and possess cholesterol-lowering effects over and above that of the commonly recommended low-fat/cholesterol diet.

A low-saturated fat diet combined with these foods, at the right levels, provides the maximum result. It can lower cholesterol by up to 30 per cent—as much as the starting dose of the most commonly used drug to treat high cholesterol!

Soy

Include foods containing soy protein every day: soya beans, soy milk, soy yoghurt, TVP, Notbacon, soy burgers, sausages, schnitzels and luncheon slices. For the greatest benefit, eat enough of these foods to provide 25 g of soy protein daily. This may mean up to three servings per day. (Check food labels for precise information.)

Nuts

All nuts and nut butters (pastes) are helpful, such as walnuts, cashews, macadamias, peanut butter and almond spread. Select natural vari-

eties without added oils, sugar or salt. Cholesterol-lowering studies have fed 30 g (a small handful) to 100 g per day. When used to replace other less nutritious foods, nuts will not make you gain weight.

Viscous fibres

Also known as soluble fibres, these are found in foods such as barley, rolled oats, psyllium husks, vegetables (particularly eggplant and okra) and added to some breakfast cereals. The levels vary in different foods. You need 5-10 g of viscous fibres per day.

Plant sterols

These exist naturally in legumes, nuts and corn but are also extracted from soybean oil and added to margarines, which are promoted to lower cholesterol. The Aussie/Kiwi diet typically supplies 250 mg per day but vegetarians consume around 600-800 mg daily! To lower high cholesterol, you need 2-3 g plant sterols each day.

See **page 53** for a delicious cholesterol-busting recipe. Or contact SNS for more specific information and recipes.

FOR MORE INFORMATION

For further information on healthy eating, please contact *Sanitarium Nutrition Service*

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