



Vegetarian diets naturally have twice the level of plant sterols than typical meat-containing diets. That's good, but are plant-sterol margarines good for your health?

what about healthy margarines?

Plant-sterol margarines have had plant sterols added. Plant sterols are natural substances found in soya beans, nuts, corn, wood pulp and some other plants.

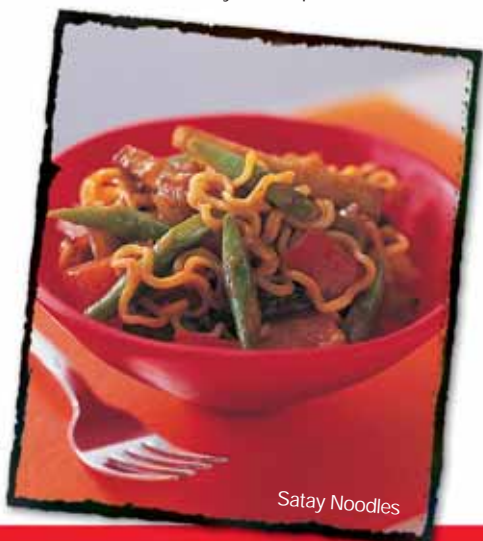
Plant-sterol margarines can lower cholesterol levels in some individuals by around 10 per cent when 25 grams (1 table-spoon) is used in the daily diet. The plant sterols in the margarine prevent cholesterol being absorbed into the body from the bowel.

But I wouldn't recommend these margarines for routine use by the family. They're expensive and mostly unnecessary. However, if you have a high-cholesterol level, these margarines may help you lower it. Just remember, cutting down on animal or

saturated fats and dietary cholesterol, eating more soy foods, nuts, seeds, vegetables and wholegrains like oats is also important.

On their own, plant-sterol margarines cannot fix a bad diet. You can't keep eating a lot of junk food and expect these margarines to cancel out the negative effects.

See **page 14** for recipes that are naturally rich in plant sterols.



Satay Noodles



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