

# What • Why • How

## Plant Sterols



### **What** are Plant Sterols?

~ Plant sterols are substances that occur naturally in small amounts in many grains, vegetables, fruits, legumes, nuts, and seeds

~ Wheat germ and wheat bran

~ Peanuts, pistachios, sunflower seeds, sesame seeds, almonds, walnuts and pumpkin seeds

~ Vegetable oils such as sesame, canola, wheat germ oil, avocado oil and olive oil

~ Brussels sprouts, broccoli, cauliflower and avocados

~ Dill, sage, oregano

~ Apples, tomatoes and blueberries

~ Peas, beans and lentils

### **Why** Include Plant Sterols?

~ Plant sterols are compounds that help block your body from absorbing cholesterol.

~ While plant sterols help lower LDL cholesterol, they don't appear to affect your levels of HDL cholesterol or triglycerides

~ All plant-based foods contain small amounts of plant sterols

~ As a group, vegetable oils are one of the best sources of plant sterols

~ Just 3 servings of foods with plant sterols can reduce your cholesterol by as much as 20 points

### **How** to Use Plant Sterols:

~ Assembly: Cauliflower Spiced and Roasted

~ Some Prep: Hummus and vegetables, uses tahini a sesame seed paste

~ Scratch cooking: Lentil Walnut Loaf, using barley and herbs as well.