### 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.

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