



Facts on Plant Sterols

What are plant sterols?

Plant sterols, also called plant stanols or phytosterols, are similar to cholesterol in structure. They can lower the LDL (bad) cholesterol in your blood.

How do they work?

When eaten, plant sterols compete and partially block the absorption of cholesterol from your intestine. This helps to reduce the amount of LDL cholesterol in your blood. They can reduce cholesterol in 3 weeks, if eaten as part of a heart healthy diet and lifestyle.

How much should I have?

Studies show that 2 grams of plant sterols each day can help to reduce LDL cholesterol by 5-15%. There are no additional benefits from taking more than 2 grams of plant sterols per day.



Where are they found?

Small amounts of plant sterols are found naturally in a wide variety of foods, such as vegetable oils, nuts, seeds, legumes, whole grains, vegetables and fruits. However, it is not possible to get the recommended 2 grams of plant sterols from these foods alone. For this reason, there are several food products on the market that have been fortified with plant sterols. You can also get plant sterols from some supplements. See the list on the following page for ideas on how to add plant sterols to your diet. Ask your dietitian about what products might be right for you.

Are they safe to use?

Research has shown that there are no known risks or side effects from eating foods or taking supplements with added plant sterols. They can be taken with cholesterol-reducing medications. It is recommended that you speak to your doctor if you decide to include plant sterols in your diet as the dosage of your medication may need to be adjusted.

Plant sterols can be added as part of a healthy diet and active lifestyle to reduce LDL cholesterol. They are not a substitute for heart healthy eating or for taking cholesterol-reducing medication prescribed by your doctor.

How Can I Increase My Intake of Plant Sterols?

The following table contains a list of Canadian food products and supplements that have been fortified with plant sterols.

*****Plant sterols work best when taken with food*****

Product Type	Product Name	Serving Size or Suggested Use	Total Amount of Plant Sterols (grams)	Approximate Price (\$)*	Where can I find this product?
Margarine	PC Blue Menu Celeb Margarine with Plant Sterols	2.5 tsp.	1 g	\$	Fortino's or Loblaw's
Margarine	Becel ProActiv Calorie Reduced Margarine with Plant Sterols	2.5 tsp.	1 g	\$	Grocery stores
Juice	Minute Maid Heart Wise orange juice from concentrate with added plant sterol	1 cup	1 g	\$	Grocery stores
Juice	Oasis Health Break CholestPrevent	1 cup	1 g	\$	Grocery stores
Supplement	Organika Cho-less-terol	2 tablets twice per day	0.8 g	\$\$\$	Nutrition House
Supplement	New Roots Herbal Lower Cholesterol	3 to 5 tablets daily	1.05-1.75 g	\$\$\$\$	Nutrition House
Supplement	New Roots Herbal Sterols & Sterolins Cholesterol	1 tablet three times per day	2.0 g	\$\$\$\$	Goodness Me or Nutrition House
Supplement	New Roots Herbal Cho-less-terin	1 tablet three times per day	0.6 g	\$\$\$\$	Goodness Me or Nutrition House
Supplement (powder)	New Roots Herbal PlantSterols	1/2 tsp per day	1.2 g	\$\$	Goodness Me
Supplement	Life Plant Sterols	2 tablets per day	0.74 g	\$\$	Shopper's Drug Mart
Supplement	GNC Scientific Nutrition Phytosterols	1 tablet per day	0.8 g	\$\$\$	GNC
Supplement	Centrum Cardio Multivitamin	2 tablets per day	1 g	\$\$\$	Drug Stores

*\$ = less than 9.99; \$\$ = 10.00 to 19.99; \$\$\$ = 20.00 to 29.99; \$\$\$\$ = over 30.00

Product list is up-to-date as of October 2013. Other products may be available that are not listed here. The Hamilton Family Health Team does not endorse any specific brand, food product or supplement on the list.

Your dietitian is _____



Produced by the Hamilton Family Health Team Registered Dietitians
10 George Street, 3rd Floor, Hamilton, ON L8P 1C8 905-667-4848 January 2014