

Managing cholesterol is easier than you think.

Contributors

McNeil Consumer Nutritiona.

Publication/Creation

[Saunderton] : [McNeil Consumer Nutritionals], [2000]

Persistent URL

<https://wellcomecollection.org/works/pumkd5pr>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Regular exercise and a healthy diet go a long way, but including Benecol in your diet goes even further by actually reducing your cholesterol levels.

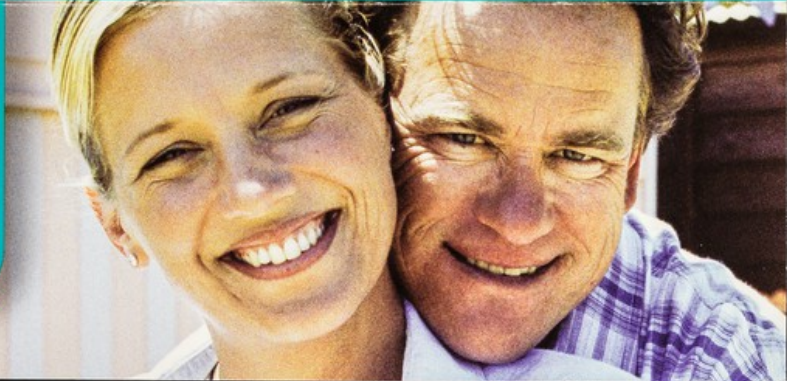


For more information about Benecol, or to order a brochure, call us free on 0800 0184010 (GB) or 1800 551707 (Ireland), Monday to Friday, 9am to 5pm or visit www.benecol.co.uk



Managing cholesterol is easier than you think

The Benecol range



There is a whole range of delicious Benecol foods, all of which contain our unique ingredient, so you can choose your favourites to include in your diet:

- Benecol Low Fat Bio Yogurts (6 Delicious Flavours)
- Benecol Light Cream Cheese Style Spreads
- Benecol Light Buttery Taste Spread
- Benecol Light Spread
- Benecol Olive Spread

3 steps to managing your cholesterol

Eat healthily



Eating more healthily doesn't mean you have to go on a crash diet. There are some simple changes you can make to your diet to reduce your cholesterol. Some things to remember: eat less saturated fat by choosing lean meat, white fish (such as plaice and haddock) and reduced-fat dairy products; avoid cholesterol rich foods like eggs, shellfish and offal; try to eat the recommended 5 portions of fruit and vegetables each day as they don't contain any cholesterol at all.



Exercise regularly



You don't have to run a marathon every day, but moderate exercise really can make a difference to your cholesterol level – increasing your HDL (good) cholesterol, as well as boosting your energy levels. The secret is to make a start! Why not try using the stairs instead of the lift, taking the family swimming, getting off the bus or train a stop early or walking to the shops instead of taking the car. Try to build up your activity gradually so that you do 30 minutes of moderate activity (such as brisk walking) most days.

Eating Benecol can reduce your cholesterol even more!



Including Benecol as part of a healthy diet and lifestyle has been proven to reduce LDL (bad) cholesterol by up to 14%. How? Benecol is the only range of foods to contain the ingredient plant stanol ester, which works to reduce the body's absorption of cholesterol. Plant stanol is found in small quantities in corn, wheat, rye and pine trees and is added to every great tasting Benecol food.



12-03