

Control your cholesterol with Alpro soya : the dairy free alternative to milk / Alpro.

Contributors

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Looking out for the *warning signs*



blood cholesterol levels in mmol/l

Above 4

You should visit your doctor for help and advice for the best way to control and lower your cholesterol.

Below 4

Your levels are good, it is important to eat a healthy diet and to exercise regularly in order to maintain your cholesterol level. Keep up the good work!

* new guidelines under review

Freephone customer careline
0800 0 188 180
www.alprosoya.co.uk
website

For the benefits of a diet low in saturated fats and rich in soya protein, and for further information and recipes on Alpro soya products, please see our website or call the freephone customer careline below.



Alpro soya offer a range of products and literature aimed at assisting a healthy lifestyle. Call our freephone customer careline to find out more.



Control your *cholesterol* with Alpro soya



The dairy free *alternative* to milk

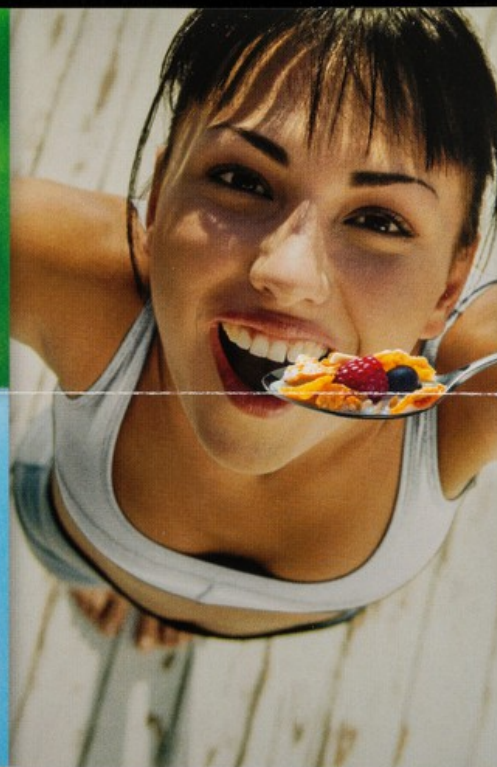


alpro soya

LOWERS CHOLESTEROL
LOW FAT
LACTOSE FREE

● What is *cholesterol* ?

Cholesterol is a type of fat, which is produced by your liver and other organs. It is essential for good health and is found in every cell in the body. It is also absorbed from foods such as red meat, cheese, butter and eggs. However, a high cholesterol level in the blood is associated with an increased risk of problems such as coronary heart disease and stroke. Around 7 out of every 10 UK adults have cholesterol levels above the recommended range.



● How can I control my *cholesterol* ?

- Reduce your intake of saturated fat
- Exercise regularly - at least 30 minutes each day
- Keep to a healthy weight for your height
- Limit your alcohol intake
- Stop smoking
- Check to see if heart conditions or cholesterol problems are common in your family



● How can Alpro soya control my *cholesterol* ?

Alpro soya products contain soya protein, which scientists agree will help lower blood cholesterol levels. By eating 25g soya protein a day as part of a diet low in saturated fat can help lower your blood cholesterol. With Alpro soya it couldn't be easier to reach your daily soya protein intake. Only products providing at least 5g-soya protein per serving can make this claim on pack.

Simply include 2 (250ml) glasses of Alpro soya dairy free alternative to milk (plain or flavoured) and a 200g serving of Alpro soya dairy free alternative to yogurt and you are on your way to controlling your cholesterol.