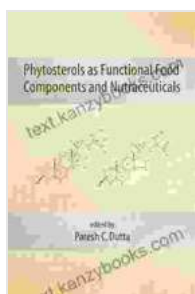


Phytosterols: Nature's Cholesterol-Lowering Powerhouse

Phytosterols are plant-based compounds that are structurally similar to cholesterol. They are found in a variety of plant foods, including vegetables, fruits, nuts, seeds, and legumes. Phytosterols have been shown to have a number of health benefits, including the ability to lower cholesterol and improve heart health.



Phytosterols as Functional Food Components and Nutraceuticals (Nutraceutical Science and Technology

Book 1) by Robert Hannum

★★★★☆ 4 out of 5

Language : English
File size : 6708 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 530 pages



How Phytosterols Work

Phytosterols work by competing with cholesterol for absorption in the intestines. When you eat foods that contain phytosterols, they bind to cholesterol in the digestive tract and prevent it from being absorbed into the bloodstream. This can help to lower your cholesterol levels.

Phytosterols have also been shown to have other health benefits, including:

- Reducing the risk of heart disease
- Improving immune function
- Reducing inflammation
- Protecting against cancer

Phytosterols as Functional Food Components

Functional foods are foods that have been fortified with additional nutrients or ingredients that provide specific health benefits. Phytosterols are often added to functional foods, such as margarine, yogurt, and granola bars. This can help to increase your intake of phytosterols and potentially improve your health.

Phytosterols as Nutraceuticals

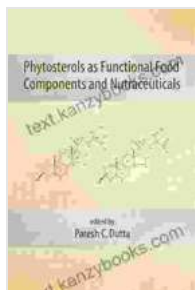
Nutraceuticals are products that are derived from food sources and provide health benefits. Phytosterols are available as nutraceuticals in the form of supplements. These supplements can be taken to increase your intake of phytosterols and improve your health.

How to Get More Phytosterols in Your Diet

There are a number of ways to increase your intake of phytosterols. Here are a few tips:

- Eat more fruits, vegetables, nuts, seeds, and legumes.
- Choose margarines, yogurts, and granola bars that have been fortified with phytosterols.
- Take a phytosterol supplement.

Phytosterols are a powerful natural compound that can help to lower cholesterol and improve heart health. They are available in a variety of foods and supplements, so it is easy to increase your intake and potentially improve your health.



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