

Cholesterol-Lowering Margarine Now Available

Benecol™ and Take Control™ are two new margarines that lower your blood cholesterol levels.

How do these margarines work?

They stop cholesterol from being absorbed. Studies show this reduces total cholesterol levels up to 10%. For those who used the margarine three times each day, LDL (so-called "bad cholesterol") levels dropped by about 14%. It appears that cholesterol levels return to normal when you stop using the margarine. Both margarines are made from vegetable oil. They are not fat-free or calorie-free.

Do the margarines cost the same as regular margarines?

No. In the Corvallis area, they are 2 to 6 times the cost of regular margarine.

If I use this new margarine can I eat all the fat I want to?

No, you still need to eat foods low in fat and saturated fat and foods with fiber like whole grains, fruits and vegetables.

The bottom line...

If your LDL cholesterol level is high, talk to your doctor before using these products. If you are taking medicine to lower your cholesterol, don't stop taking it. Talk to your doctor about using the margarine.

If you don't have high LDL levels, the American Heart Association does not recommend these margarines to help you prevent high blood cholesterol levels.

Remember, changing other parts of your diet (less fat, saturated fat and more foods with fiber like whole grains, fruits and vegetables) can lower your cholesterol. And when you eat less fat and more whole grains, fruits and vegetables you may also prevent other diseases like cancer and high blood pressure.

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- References:
1. ["Benecol: Cholesterol-Fighting Margarine," Colorado State University Coop. Ext. March 1999](#)
 2. ["Cholesterol-busting margarine to hit stores," USA Today, May 17, 1999](#)
 3. ["Cholesterol Lowering Margarines," AHA News Release, May 25, 1999](#)

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