

Phytosterol Comparison Chart

✓ **SS Picks** = Meet FDA requirements for a Phytosterol Health Claim in 2 servings (see below)

	Serving Size	Total Phytosterols (g) ↵	Calories	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Protein (g)	Sodium (mg)	Fiber (g)	Cost of Recommended Daily Amount
BEVERAGES										
✓ Promise Activ Super Shots - Strawberry	3.4oz	2*	70	3.5	0	8	1	25	<1	\$1.00/1
✓ Minute Maid Premium Heart Wise Orange Juice	8oz	1*	110	0	0	27	2	20	0	\$0.56/8 oz
✓ Promised Land Dairy - Your Ultimate Milk (Y.U.M)	8oz	0.4♣	92	0	0	14	9	126	0	\$2.24/24 oz
✓ Kroger Active Lifestyle Fat Free Milk	8oz	0.4*	90	0	0	13	8	125	0	\$0.55/16 oz
✓ Rice Dream Heartwise Original Rice Milk	8oz	0.4♣	130	2	0	27	1	80	3	\$1.87/24 oz
BREAD										
✓ Aristo Wellness Bars	1 bar/37g	0.4♣	130-140	4-5	1	21-22	3	40-50	3	\$3.58/2 bars
✓ Thomas' Hearty Grains Oatmeal & Honey Bagel	1 bagel/104g	0.4*	290	2	0.5	58	11	460	3	\$1.16/2 bagels
✓ Thomas' Hearty Grains Oatmeal & Honey English Muffin	1 muffin/57g	0.4*	130	1	0	25	5	180	2	\$1.20/2 muffins
✓ Nature Valley Healthy Heart Honey Nut Bar	1 bar/40g	0.4*	160	4	0.5	28	3	115	3	\$1.16/2 bars
Oroweat Whole Grain & Oat Bread	1 slice/38g	0.3*	90	1	0	17	4	180	3	\$0.58/3 slices
SNACKS										
Right Direction Chocolate Chip Cookies	1 cookie/40g	1.3*	150	6	2	24	2	150	5	\$1.00/1 cookie
✓ CocoaVia Snack Bar	1 bar/22g	0.9♣	80	2	1	13	2	65	1	\$1.00/1 bar
Cocoa Via Chocolate Covered Almonds	13 almonds/28g	0.7♣	140	11	3.5	12	3	0	3	\$2.00/2 bars
CocoaVia Chocolate Bar	1 bar/22g	0.6♣	100	6	3.5	12	1	0	2	\$2.00/2 bars
✓ VitaBrownie Dark Chocolate Pomegranate Brownie	1 brownie/55g	0.4*	100	1.5	0.5	21	3	140	6	\$2.50/2 brownies
✓ VitaTop Dark Chocolate Pomegranate Muffin	1 top/55g	0.4*	100	1.5	0.5	24	4	140	6	\$2.50/2 tops
✓ Corazonas Tortilla Chips	10 chips/28g	0.4*	140	7	0.5	16	2-3	70-115	3	\$0.86/2 oz
✓ Benecol Caramel Smart Chews	1 chew/5g	0.2♣	20	0	0	4	0	15	0	\$0.92/4 chews
SPREADS/CHEESE										
✓ Promise Activ Light Spread	1 T/0.5 oz	1*	45	5	1	0	0	85	0	\$0.25/1 T
✓ Promise Activ Regular Spread	1 T/0.5 oz	1*	70	8	1	0	0	85	0	\$0.25/1 T
Smart Balance Omega Plus Buttery Spread	1 T/0.5 oz	0.45*	80	9	2.5	0	0	90	0	\$0.16/2 T
✓ Lifetime Low Fat Block Cheddar	1" cube/1oz	0.4♣	55	2.5	1	1	7	200	1	\$1.00/2 oz
✓ Lifetime Low Fat Cheese Singles	1 slice/2/3 oz	0.4♣	30	1	0.5	2	4	180	0	\$0.67/2 slices
Benecol Light Spread	1 T/0.5 oz	0.2♣	50	5	0.5	0	0	110	0	\$1.22/4 T
Benecol Regular Spread	1 T/0.5 oz	0.2♣	70	8	1	0	0	110	0	\$1.22/4 T

↵ NOTE: All amounts have been converted to grams of sterols in order to provide equivalent measures per product.
0.8g sterols = 1.3g sterol esters = 3.4g stanol/stanol esters

- * contains plant sterols
- ♣ contains plant sterol esters
- ♣ contains plant stanols/stanol esters

The FDA Health Claim for Phytosterols reads "Diets low in saturated fat and cholesterol that include at least 1.3 g of plant sterol esters, 0.8 g of plant sterols, or 3.4 g of plant stanol esters consumed in two meals with other foods, may reduce the risk of heart disease."

Additionally the products must meet the requirement for low saturated fat (1 g or less per serving), low cholesterol (20 mg or less per serving), and contain no more than 13 g of total fat per serving.

Phytosterols



What are phytosterols?

Plant sterols and stanols (collectively called phytosterols) are the plant equivalent to the animal cholesterol found naturally in small amounts in a wide variety of foods. Foods can be fortified with phytosterols in much higher amounts.

Why eat phytosterols?

The main benefit of adding phytosterols to your diet is to help reduce your risk for heart attack and stroke by lowering your LDL cholesterol. Because the structure of phytosterols is similar to cholesterol, phytosterols block the absorption of cholesterol in your intestines and lower the amount of cholesterol in your blood.

What is the Phytosterol Health Claim?

The FDA has approved the following health claim: *“Diets low in saturated fat and cholesterol that include two servings of foods that provide a daily total of at least 1.3 grams of plant sterol esters, 0.8 g of plant sterols, or 3.4 g of plant stanol esters in two meals may reduce the risk of heart disease.”*

The FDA permits products to carry the heart-healthy claim provided the foods are low in saturated fat (1 g or less per serving), low in cholesterol (20 mg or less per serving), and contain no more than 13 g total fat and 480 mg sodium per serving or per 50 g. In addition, the food must contain at least 10% of the Daily Value for one or more of the following nutrients: calcium, iron, protein, dietary fiber, and vitamins A and C.

How much Phytosterol is recommended?

	Plant sterols	Plant sterol esters	Plant stanol/plant stanol esters
FDA Health Claim for prevention of heart disease.	0.8 g or more per day	1.3 g or more per day	3.4 g or more per day
NCEP* recommendation to lower LDL cholesterol	2 g sterols or stanols per day as part of a diet low in saturated fat and cholesterol and high in soluble fiber		

* National Cholesterol Education Program

Tips for Eating Phytosterols

- ❖ To lower LDL cholesterol and keep it low, plan to eat at least 2 g phytosterols every day.
- ❖ Split the 2 g phytosterols into two 1-g servings a day.
- ❖ If you do not need to lower your cholesterol, the recommended daily amount is 0.8 g phytosterols eaten in two 0.4-g servings.
- ❖ Mix different phytosterol-fortified foods. Enjoy a glass of phytosterol-fortified orange juice or milk with breakfast and a tablespoon of sterol-enriched spread on your vegetables at dinner.
- ❖ Switch regular foods with phytosterol-fortified ones.
- ❖ Choose phytosterol-fortified foods that are low in fat, saturated fat, and calories.
- ❖ Watch your portion size. Consuming more than 2 g plant sterols per day has not shown that it increases the cholesterol lowering benefits and it may interfere with the absorption of some vitamins.
- ❖ Look for the Phytosterol Heart Health Claim on the label. This means that the product has at least 0.4 g plant sterols per serving.