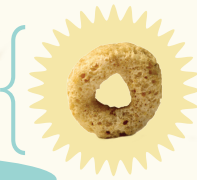


When you eat Cheerios, you do your heart some good.

Here's why:



The whole grain oats in Cheerios contain **soluble fiber**.

Q

How can soluble fiber help lower cholesterol?

A



Eating foods rich in whole grain oats puts soluble fiber in your digestive system.



The soluble fiber forms a gel which sticks to some cholesterol and removes it from the body.



Lowering your cholesterol is just one step towards a healthy heart.

Q

How is soluble fiber part of a healthy lifestyle?



A

Studies show that three grams of soluble fiber daily from whole grain oat foods — like Cheerios — in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Cheerios cereal provides **one gram of soluble fiber per serving**.



Share this heart-healthy message
with someone you love.