

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

Here's why:

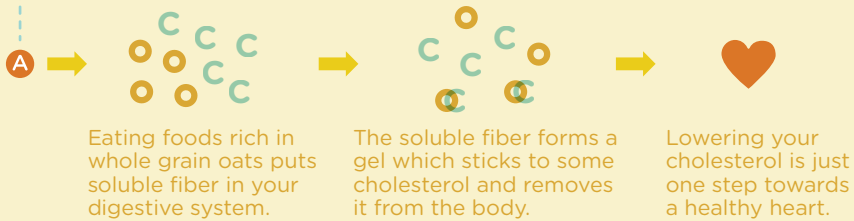


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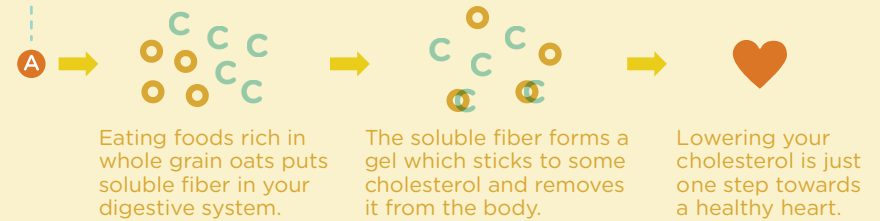
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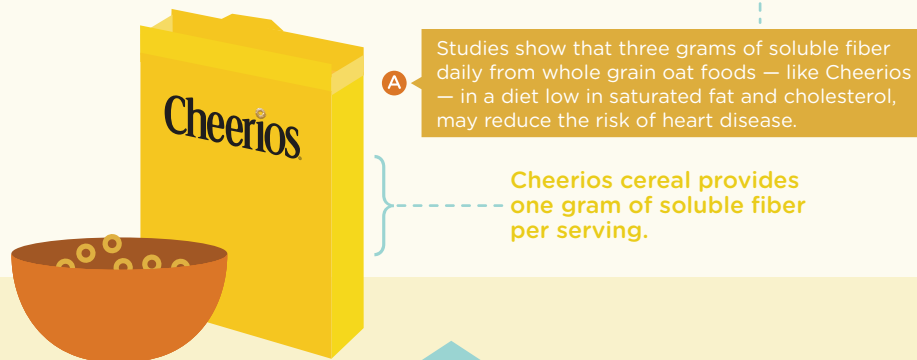
Q How can soluble fiber help lower cholesterol?



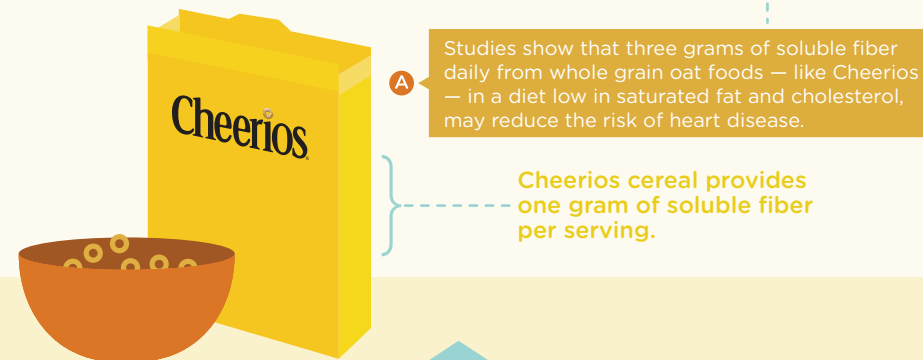
Q How can soluble fiber help lower cholesterol?



Q How is soluble fiber part of a healthy lifestyle?



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Share this heart-healthy message
with someone you love.

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