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

Here's why:



How can soluble fiber help lower cholesterol?



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.



Share this heart-healthy message with someone you love.

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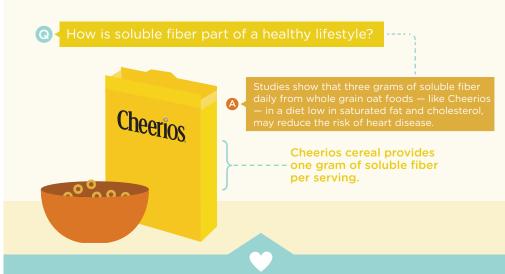


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