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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Avoid adding fat and oil
to cooking preparations
and buy low fat
products.



**Corporate Bodies
International**

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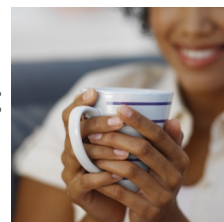
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This fortnight's healthy topic...

Myth Buster: Drinking a hot drink after a fatty meal helps flush the fat through the digestive system



Myth Buster

This one is false. If only! The only things that can 'flush' fat out of the digestive system are soluble fibre and plant sterols.

Soluble fibre

Soluble fibre is found in oats, fruit, veggies, beans and lentils. It acts like a sponge in our gut and absorbs *some* of the fat and cholesterol eaten.

Because fibre is relatively indigestible and mainly adds bulk to stools, the fat and cholesterol are excreted with the fibre. That is why eating a lot of fruit and vegetables can help lower blood cholesterol.

Plant sterols

Plant sterols are almost chemically identical to cholesterol (only found in animal products) and are processed by the body in the same way.

They act as cholesterol-lowering agents in blood by blocking the absorption of cholesterol from food during digestion and by blocking the re-absorption of cholesterol made in the liver.

Plant sterols are found in small quantities in fruits, vegetables, nuts, seeds, cereals, beans, and other plant foods containing fats and oils. They are found in higher concentrations in margarines like Flora Pro-activ, Logical, Benecol.

What's the moral of the story?

Everyone can benefit from eating a diet high in fibre so enjoy plenty of fruit, vegetables, beans, lentils, nuts and oats.

People with high cholesterol can benefit from plant sterol margarines as a part of a healthy diet and lifestyle. It's not necessary for people with normal blood cholesterol to purchase these expensive products.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**