

# NUTRITION

# NEWS

## Sunflower Power

(NAPSA)—Here's health news that may brighten your day: Scientists at Penn State say sunflower oil does a better job of decreasing total and bad LDL cholesterol and reducing heart disease risk than olive oil or eating a "normal" American diet.



**You can add sunflower oil to granola, spreads, baked goods and entrees. It also works wonderfully for cooking and frying.**

The study found sunflower oil works so well because it is high in "good" poly- and monounsaturated fats and low in "bad" saturated fat, plus it's trans fat-free.

This may help people meet the government's Dietary Guidelines of keeping trans fat consumption as low as possible, "with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils."

You can find NuSun sunflower oil in bottles and in packaged goods such as chips and crackers.

For recipes and more information, visit [www.sunflowerusa.com](http://www.sunflowerusa.com).