

FOR YOUR INFORMATION  
FYI

## SMART HEART Challenge



Did you know that eating oatmeal really *does* lower<sup>1</sup> blood cholesterol? Last year 100 people from Lafayette, Colorado, proved it in the “Smart Heart Challenge<sup>2</sup>” program: They added a good-sized bowl of oatmeal to their daily diet—and, one month later, 98 had better blood-cholesterol levels<sup>3</sup>.

To learn more about the health benefits of oatmeal, visit [www.quakeroatmeal.com](http://www.quakeroatmeal.com).

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<sup>1</sup>to lower — to reduce something or become less in amount, level, quality, etc.

<sup>2</sup>challenge — something new and exciting or difficult which you have the opportunity of doing and which requires great effort and determination if you are going to succeed.

<sup>3</sup>level — the amount of something at a particular time.