

NEW! THE 4-WEEK GUT-LOSS FORMULA

WHY THE BEST
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P. 95 ANNUAL BEST
GYMS GUIDE

Men's Fitness

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MF'S
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50



PLANT STEROLS

You've likely seen them promoted on the labels of margarine and O.J.: "natural" plant compounds that reduce your risk for disease. But are foods containing supplemental doses of plant sterols really just a bunch of hype? Apparently not, if you're to believe the steady stream of research coming out in support of the supposed disease fighters. Recent studies from the Mayo Clinic and the University of California, Davis, show that adding plant sterols to your diet may help lower cholesterol levels by nearly 10%—enough to significantly reduce your risk of heart problems later in life. Need an even easier way to add sterols to your diet? At least one group of researchers is experimenting with adding the compounds to hamburger.