

Plant Sterol Study

Main Study Question

The objective of this study is to determine how individual genetic profiles influence the effect of plant sterols (natural plant compounds) on cholesterol and fat metabolism.

Motivation for Research

Numerous studies have shown that consumption of plant sterols and stanols can effectively reduce LDL-cholesterol. However, growing research has shown that not all individuals respond equally to doses of plant sterols and stanols. This study will examine the genetic basis for differing responses to plant stanol consumption. The long-term goal is to predetermine who will, and will not, respond to plant sterols as functional food ingredients.

The study ran from mid-November to mid-February 2012.

