



**COME JOIN OUR HERD!**



- [Home](#)
- [About Us](#)
- [Our Cheeses](#)
- [Where to Buy](#)
- [Contact Us](#)
- [Food Service](#)

*Cheese with  
Plant Sterols*

## **A cheese that *actively* helps you reduce your cholesterol!**

This Lifetime Low Fat Cheese contains an amazing ingredient called Plant Sterols. Plant Sterols are derived from plants and are a natural cholesterol reducer. It has been scientifically documented that eating a small amount of Plant Sterols daily along with a healthy diet and exercise can reduce your bad blood cholesterol level 8-15%!

We combined these amazing Plant Sterols with our great tasting Lifetime Low Fat Cheese to produce a real power packed snack! Eating two 1 ounce servings of our cheese daily will meet the recommended amount necessary to receive this amazing cholesterol reducing benefit.



## JALAPEÑO JACK

Shred and mix with our Cheddar for awesome enchiladas.

[Get More Information](#)



## MOZZARELLA

Shred on spaghetti for a dynamite low fat italian dinner.

[Get More Information](#)



## CHEDDAR

Slice on top of a turkey sandwich with lettuce and tomato.

[Get More Information](#)



## SWISS

Shred on top of soups and stews for a warm savory meal.

[Get More Information](#)



## **SHARP CHEDDAR**

Try with scrambled eggs and veggies in the morning.

[Get More Information](#)

- [Fat Free Cheese](#)
- [Fat Free Sticks](#)
- [Cheese with Plant Sterols](#)

**Follow us on:**



© 2011 Lifeline Food Company, Inc. All Rights Reserved