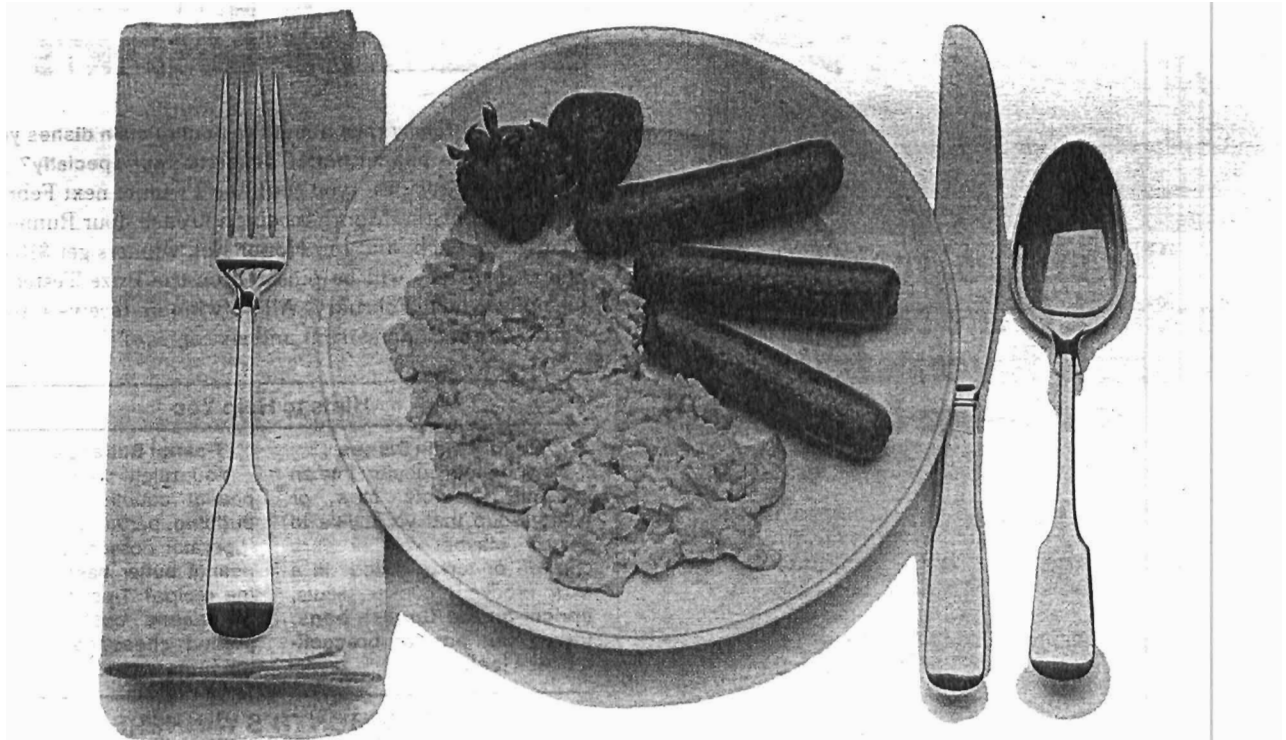


Fight cholesterol. Help yourself.



**Morningstar Farms®
lets you do it.**



Eggs, sausage, bacon and ham are foods you love to eat. They're also high in saturated fats and cholesterol. And high blood cholesterol is a major risk factor in heart disease.

You may have decided to cut back on these foods for your own good. Or perhaps your doctor has advised you to change your family's diet.

Either way, switching to a low cholesterol diet is the right thing to do. And to do it, you'll need to find alternatives to cholesterol-rich foods.

Morningstar Farms can help. With a whole freezer shelf full of good tasting foods with no cholesterol and no animal fat. Foods that can give you back a lot that you're giving up.

The cholesterol free breakfast above was made from Morningstar Farms' Scramblers®, our egg substitute. And those aren't sausage links, they're our Breakfast Links.

If you like sausage patties, you'll like Breakfast Patties. Instead of bacon, try our Breakfast

Strips. Our Slices give you the taste of ham.

You can fight cholesterol. By helping yourself to Morningstar Farms.

In your grocer's freezer.



**Morningstar
Farms®**

**Lets you do something
about cholesterol.**

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