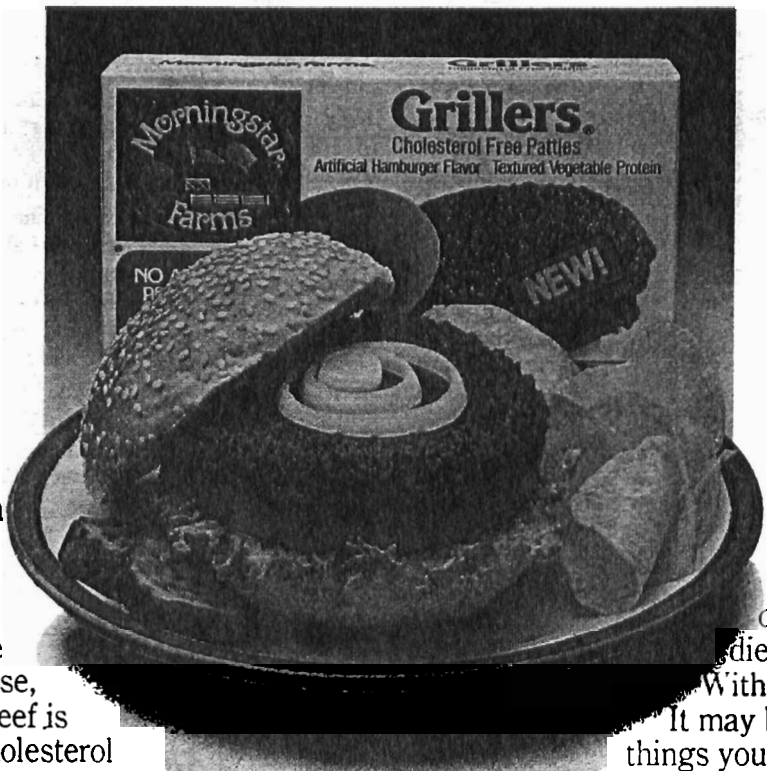


# Put down cholesterol. Pick up a Griller.



**Enjoy the taste of hamburger with no cholesterol.**

You're not doing your husband any favors when you serve him hamburger. Because, next to eggs, ground beef is the largest source of cholesterol in the American diet.

And they have all the protein of hamburger.

Get your husband on a low cholesterol diet and keep him there. With Morningstar Farms. It may be one of the nicest things you'll ever do for him.

In your grocer's freezer.



*You'll want to try the other Morningstar Farms<sup>®</sup> cholesterol free foods, too. Scramblers, our egg substitute. Breakfast Links and Patties with the taste of pork sausage. Luncheon Slices with the taste of ham. And don't forget new Leanies<sup>®</sup>. Like hot dogs, they're plump and tasty.*

And high blood cholesterol is a major risk factor in heart disease.

Your husband's doctor may have advised him to cut back on foods rich in saturated fat and cholesterol. Or, perhaps you're just wisely cautious. Either way, Grillers<sup>®</sup> can help keep a low cholesterol diet low in cholesterol.

Grillers have the taste of hamburger. But contain no cholesterol or animal fat because they're made from textured vegetable protein. Cook them on the grill. Cook them in a skillet. You can do anything with Grillers you can do with a hamburger.



## Morningstar Farms<sup>®</sup>

**Lets you do something about cholesterol.**

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