



# Real Food. Real Science. **REAL RESULTS.**

## When drugs are not enough

The American College of Cardiology’s 2022 Expert Consensus Decision Pathway advises optimizing nutrition (including increasing fiber and plant sterol intake) prior to prescribing non-statin therapies for LDL-C lowering. Step One Foods is a suite of ready-to-eat whole foods designed to deliver therapeutically impactful levels of fiber, plant sterols, antioxidants and omega-3 fatty acids. SOF has been documented to significantly lower LDL-C in a multicenter, multinational RCT.

Kopecky SL, Alias S, Klodas E, Jones PJH. Reduction in serum LDL cholesterol using a nutrient compendium in hyperlipidemic adults unable or unwilling to use statin therapy: A double-blind randomized crossover clinical trial. J Nutr. 2022 Feb 8;152(2):458-465. doi: 10.1093/jn/nxab375. PMID: 35079806.



Two servings of Step One per day

## Easy for patients

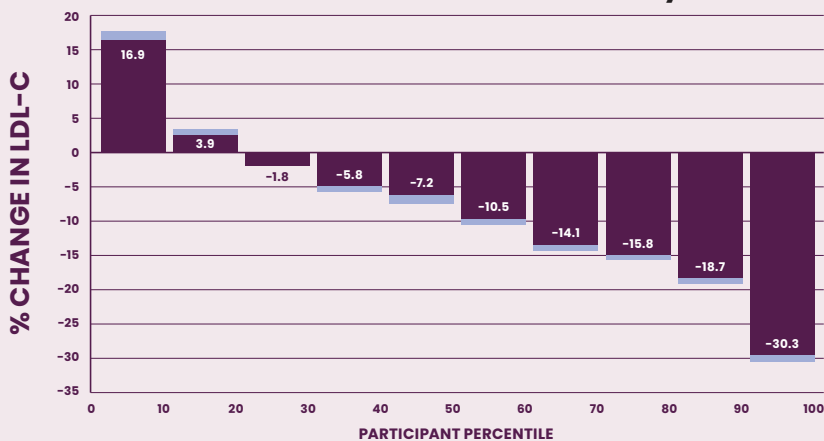
Patients simply swap out two food items per day with any Step One Foods product until the day of lipid panel re-test. That’s it. No other lifestyle changes required.



Test results after 30 days

## A clinically-proven adjunct to lipid management

### 80% saw LDL-C reduction in 30 days



## Designed for patients who

- Are ineligible for cholesterol-lowering medications
- Are averse to taking statins due to side effects or personal preference
- Are at maximum statin dose with incomplete LDL-C control
- Are unable to maintain heart-healthy or dietary lifestyle changes

## CUSTOMER TESTIMONIAL

I started this program in September and just received my cholesterol results. 9 weeks on the program minus 1 week for being on a cruise and my total cholesterol went down by 39, from 229 to 190! LDL went from 142 to 104, HDL (good cholesterol) went up from 68 to 71 and Triglycerides from 107 to 82. My doctor was totally impressed and plans to recommend to other patients based on my results. I have been unsuccessful at getting my numbers down on my own and did not want to be put on a statin. Started looking for a weight loss program and found Step One Foods. It has been a game changer for me. It has helped give me the ambition to try and lose weight now. I am so excited by the results! Thank you so much for this program.

- Michele, Step One Foods Customer



## Prescribing Step One is simple for you and your patients

We make eating for heart health simple, easy and effective for your patients.

1. Direct patients to StepOneFoods.com.
2. Schedule a follow-up lipid recheck at least 30 days after the start of food intervention.
3. That's it. We'll take care of the rest (including answering all your patients' questions about the foods and food trial).

95% of participants complied with consumptions protocol of Step One Foods



## Costs

The average cost of the program is \$4.00 per day.\* This is less than what would be spent on supplements delivering equivalent amounts of nutrients and is offset by the elimination of other foods that patients are already purchasing.

\*Based on subscription plan pricing.

## Estimated healthcare savings

Published actuarial modeling reveals that every \$1 spent on Step One Foods would result in \$2.32 in health care savings based on LDL-C effects alone.



Food-based intervention patients actually want.



### No adverse cardiometabolic effects

Baseline and endpoint-to-endpoint comparisons of cardiometabolic parameters between control and treatment phases in hyperlipidemic adults.

### Important safety information

There were no reported adverse effects from eating the foods in the clinical trial. Step One Foods are contraindicated in patients with an allergy to tree nuts. Some products also contain peanuts, egg whites and/or soy lecithin or have been manufactured on equipment that processes peanuts, eggs or soy (see individual ingredient panels).

### Study design

Multicenter, randomized, double-blind, free-living crossover study composed of 2 regimented phases of 4 week each, separated by a 4-week washout. Eighteen men and 36 women, with a mean SD age of 49 12 y and mean SD LDL cholesterol of 131 32.1 mg/dL, were instructed to ingest a variety of ready-to-eat snacks twice daily as a substitute for something they were consuming already. Other behavior changes were actively discouraged. Treatment products provided ≥5 g fiber, 1000 mg w-3 (n-3) fatty acids, 1000 mg phytosterols, and 1800 μmol antioxidants per serving. Control products were calorie-matched like-items drawn from the general grocery marketplace. Serum lipids were measured at baseline and the end of each phase and compared using the ANOVA model. Compliance to study foods was confirmed by serum 18:3n-3 concentration assessment.

Characteristic	Control baseline	Treatment baseline	Baseline-to-baseline	Control endpoint	Treatment endpoint	Endpoint-to-endpoint	Endpoint-to-endpoint percentage
LDL cholesterol, <sup>2</sup> mg/dL	128 ± 4.34	129 ± 4.03	0.380	127 ± 4.25	116 ± 4.25	<0.0001	-8.80 ± 1.69
HDL cholesterol, <sup>2</sup> mg/dL	56.3 ± 1.88	57.4 ± 1.80	0.129	54.9 ± 1.55	55.3 ± 1.55	0.552	0.95 ± 1.44
TGs, <sup>2</sup> mg/dL	159 ± 10.80	154 ± 8.41	0.400	163 ± 11.51	164 ± 11.51	0.819	0.32 ± 2.94
TCS, <sup>2</sup> mg/dL	217 ± 4.88	217 ± 4.88	0.917	215 ± 5.03	204 ± 5.03	<0.0001	-5.08 ± 1.12
Glucose, <sup>4</sup> mg/dL	95 ± 1.06	96.2 ± 1.18	0.064	97.0 ± 1.26	96.8 ± 1.26	0.821	-0.17 ± 0.82

<sup>1</sup>Values are mean ± SD, n = 54. TC, total cholesterol; TG triglyceride  
<sup>2</sup>To convert LDL cholesterol, HDL cholesterol, and total cholesterol values to mmol/L, multiply mg/dL values by 0.02586.  
<sup>3</sup>To convert TG to mmol/L, multiply mg/dL values by 0.01129.  
<sup>4</sup>To convert glucose to mmol/L, multiply mg/dL values by 0.0555.

## Get more information

For your copy of the clinical trial and/or actuarial analysis, or if you have any questions regarding Step One Foods contact us using the info below or scanning the QR code!

