

A method of preparing food seasoning, food ingredients and food items is disclosed, comprising the incorporation of plant sterols and/or stanols or their derivatives together with a raised level of one or more of the minerals magnesium, calcium and potassium. Ingestion of food supplied with the said combination leads to a significant decrease in both cholesterol level and blood pressure. The decrease is larger than that expected from the sum of the effects of plant sterols and minerals. Also food seasonings for use in the preparation of foods having the said characteristics are disclosed.