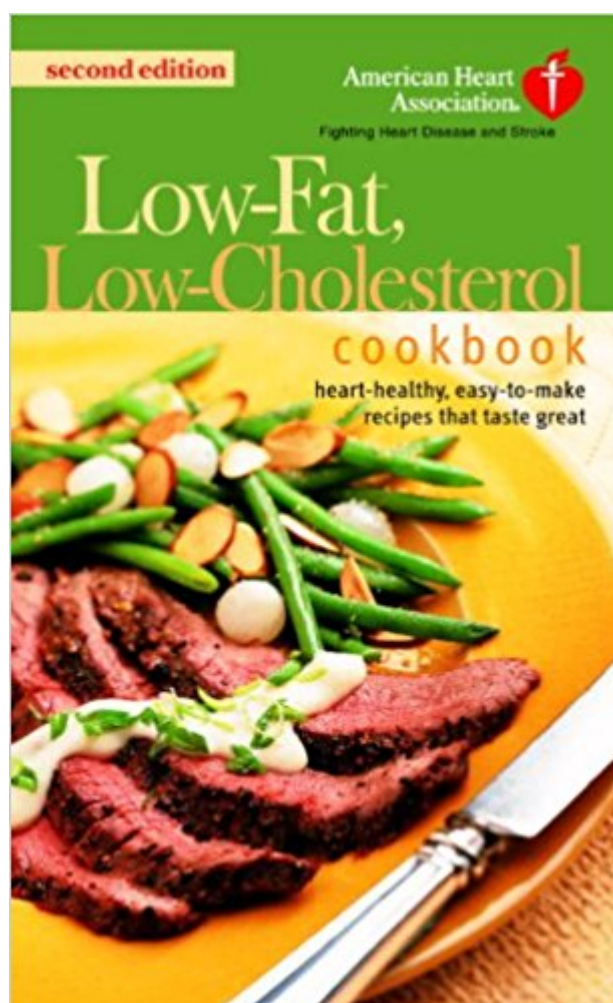


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# The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes To Help Lower Your Cholesterol



## Synopsis

Maybe you want to control your weight, combat high cholesterol, or fight heart disease. Perhaps your doctor suggested a low fat diet, or perhaps you just know you should eat better. Whatever your reason, this is the cookbook to get you moving in the right direction. The good news is that eating more healthfully isn't boring anymore; it means bringing taste, fun, and variety to what you eat. And The American Heart Association Low-Fat, Low-Cholesterol Cookbook, a treasure trove of nearly 200 recipes, is proof. From tempting appetizers like Crab Spring Rolls with Peanut Dipping Sauce to amazing main courses like Peppery Beef with Blue Cheese Sauce and luscious desserts like Sugar-Dusted Mocha Brownies, the appealing recipes and sound science in this book make healthful eating easy. With the new American Heart Association dietary guidelines and all the latest information on cholesterol, this book is an invaluable reference for the health-conscious consumer. It tells in simple terms how cholesterol affects the body, differentiates between "good" and "bad" cholesterol, and discusses cholesterol-lowering drugs. Eating the American Heart Association way is sensible, healthful, and delicious.

## Book Information

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## Customer Reviews

"Those in the know have been counting on American Heart Association books for years; the wide variety of recipes gets the whole family on track for heart-smart eating." — "Good Housekeeping

Maybe you want to control your weight, combat high cholesterol, or fight heart disease. Perhaps your doctor suggested a low fat diet, or perhaps you just know you should eat better. Whatever your reason, this is the cookbook to get you moving in the right direction. The good news is that eating more healthfully isn't boring anymore; it means bringing taste, fun, and variety to what you eat. And "The American Heart Association Low-Fat, Low-Cholesterol Cookbook, a treasure trove of nearly 200 recipes, is proof. From tempting appetizers like Crab Spring Rolls with Peanut Dipping Sauce to amazing main courses like Peppery Beef with Blue Cheese Sauce and luscious desserts like Sugar-Dusted Mocha Brownies, the appealing recipes and sound science in this book make healthful eating easy. With the new American Heart Association dietary guidelines and all the latest information on cholesterol, this book is an invaluable reference for the health-conscious consumer. It tells in simple terms how cholesterol affects the body, differentiates between "good" and "bad" cholesterol, and discusses cholesterol-lowering drugs. Eating the American Heart Association way is sensible, healthful, and delicious.

Such delicious recipes!!! Every one a winner!!! Balsamic chicken, Asian chicken, non-fried "fried" chicken all wonderful. I bought this book because I need to limit fats in my diet and this book does not disappoint. But I should have bought it YEARS ago because the recipes are so great. After your married a long time (51 years for us) you can get in a rut and cook the same things in the same way decade after decade. No longer. Every week has a surprise dish in it, something from the cookbook. I love it so much I bought a second copy and gave it as a gift to my best friend..

This is another of a series of cookbooks from The American Heart Association and it's also a winner. My medical 'problem' was diagnosed as high cholesterol and I looked forward to eating 'grass and water chestnuts' ... that is, until I discovered these books which also give you delicious solutions for your 'fat' problems. Page after page of delicious recipes changed my attitude towards how I would be dining. You may have to stock up on some grocery items and spices that might not be on your shelf, but once that's done you're ready to dig in. One of the books has a recipe for cheesecake made with non-fat yogurt, which has a rich enough taste to fool many of my friends. When you decide to face your 'issues' and order these books ... help will definitely be on the way. Bon appetit!

Some great recipes here, with finding out my cholesterol is through the roof it was time to hunker down and see if diet will help correct it. For those, like myself, looking for suggestions to get started

this is a handy manual for keeping your meals from getting boring. I recommend this book for anyone that needs to eat for health and want it to taste good.

I have learned a lot from the info in this book, not just the recipes but about cholesterol and how to lower it. It is a life changing program but well worth it. This book has helped me to understand the cholesterol issue and to make better choices every day. My New Year's resolution was to get healthy and this book is helping me to do that.

This is a great cook book. I have tried several recipes and they have all been successful and very tasty. I found this book to have better recipes than "The Low Cholesterol Cookbook & Health Plan " .

### Good Recipes

I'm not wild about the cookbook. I bought it because my husband got a bad report on his cholesterol, and I thought this cookbook would give me a few ideas on low fat/low cholesterol meals. But I found that since we already eat very healthy, many of the recipes I already make were actually lower in fat and cholesterol than the recipes in this book. Disappointing, but I'm going to go ahead and keep it anyway. I may find a couple of recipes that I can use.

If you need to be on a low fat low cholesterol diet, this book is a must have. Besides you cannot go wrong with a book published by the American Heart Association for learning good recipe for something you are trying to get under control.

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