



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

By American Heart Association

Random House Publishing Group, United States, 2002.
Paperback. Book Condition: New. Reissue. 175 x 104 mm.
Language: English . Brand New Book. 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...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III