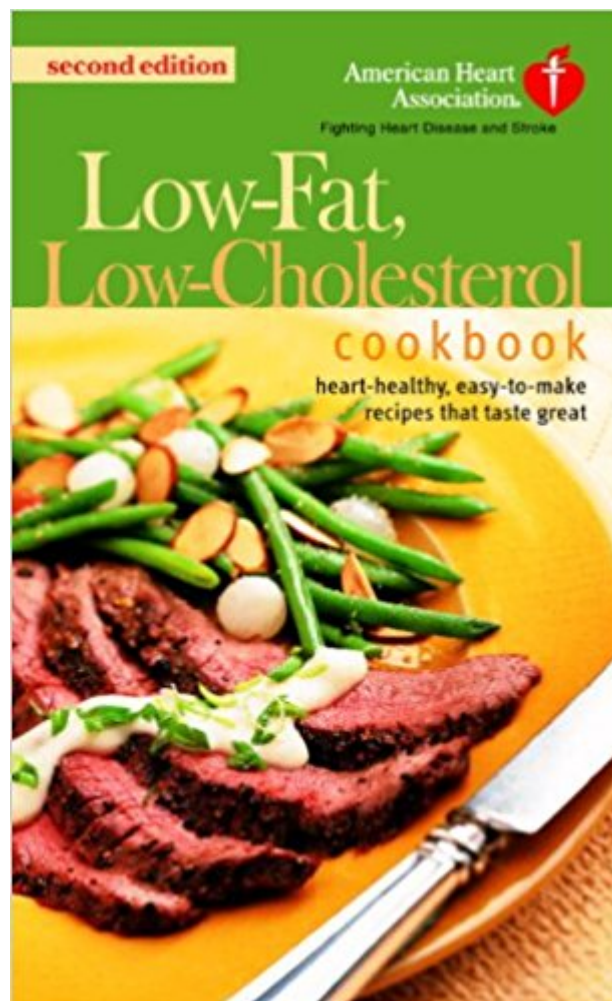


The book was found

# 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

Mass Market Paperback: 403 pages

Publisher: Ballantine Books (November 26, 2002)

Language: English

ISBN-10: 0345461827

ISBN-13: 978-0345461827

Product Dimensions: 4.2 x 1.1 x 6.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (161 customer reviews)

Best Sellers Rank: #146,797 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #39 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #188 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

This book has come in so handy since we have had to make lifestyle changes due to high cholesterol. The best thing about this book is that it uses pretty basic ingredients that you can find at any grocery store. Other books I have with low cholesterol recipes had odd ingredients that I just won't keep in stock normally. The recipes offered by the AHA cookbook identify with "real",

everyday people making the lifestyle transition much easier than I originally thought. The final outcome: Palate tantalizing dishes appropriate for the whole family.

My husband was put on a low-fat diet so I picked up this cookbook because I liked that it was by the American Heart Association. Every recipe I've made has been delicious! (with the exception of one dessert which was just okay, but low-fat desserts are tough) I will say though, that this cookbook can't be called quick and easy. As someone else mentioned, I have to plan in advance so I can pick up all the ingredients at the grocery store. You also have to make sure to allow plenty of time for cooking the meal. Nothing has been very fast, although it's nothing overly complicated for this basic chef. All-in-all, I would recommend this cookbook to anyone trying to eat healthier as I think it's an easier transition when the food tastes good, and these recipes definitely do!

All of the recipes I've made (20 so far) are all good. Do you think apple juice, lemon, oil and vinegar would taste good with mixed vegetables? Neither did I until I made it. EVERY single one has been excellent and outstanding. I recommend this cookbook to the novice, the beginner, the expert!

The recipes include foods that the whole family will enjoy - great for those trying to lower their cholesterol who also have kids. I gave it as a gift to a friend who just had a heart attack at age 40 (better than flowers, and I certainly wouldn't give chocolates) and he enjoyed the recipes so much I'm buying one for myself.

I first bought an earlier edition of this book a few years ago when I decided it was time to lose weight. It made cooking for a family of 4 super easy. The meals are delicious and healthy...although there are a few recipes that didn't fit my taste. At first, you do end up spending more at the grocery store to buy all the new spices & a few new ingredients, but eventually, the cost tapers down. Our weekly grocery bill averaged around \$150.00 for a family of 4 adults which included 3 meals a day with snacks. So, I have to say that it is pretty cost efficient as well. By cooking directly from this book, eating about 1600 calories a day, and walking on the treadmill 20 minutes a day, I went from 286 lbs down to about 215 lbs in 3 months. At that point, I got a gym membership and cut back on my calories just a little bit more (down to 1500). I am now 138 lbs and have been able to keep it off so far. This book definitely gave me a good kickstart to getting my weight down (and giving my heart a break). I would recommend it in a heartbeat!!!

I'm not sure if there are different versions of this cookbook, but the one I bought is the size of a paperback novel. That makes it quite hard to use in the kitchen, because the pages and print are very small, and the book won't stay open on the counter unless you break the spine. However, the recipes I've tried have been pretty good. Just look around to see if it comes in hardcover or another, easier, format.

I purchased this book because we have cholesterol issues in the family, and so far, I've made 3 or 4 recipes involving beef. They've been very dry and not visually appealing (with kids, this is important!:) I've found most of the entrees have been time consuming to prepare as well, lots of ingredients. Truthfully, the only thing I'm enjoying from the book is the information in the beginning about cholesterol and how it affects your health- lots of great informative points on this but the recipes are just not very tasty. I also own American Heart Association's Meals in Minutes, which is much better.

My only caution to people considering purchasing the book - if you have high blood pressure, you will have to make some adaptations to the recipes. For example, olives and smoked salmon are very high in sodium. I couldn't believe they listed the sodium content for smoked salmon as 82mg when every package of smoked salmon (and not lox as they indicate) has at least 550mg of sodium per 2 slices, and I don't believe washing it in cold water will reduce it to 82 mg. Smoked salmon many times is soaked in brine (lots of salt). With olives you may get away with washing them off, but I am always leary. I have hypertension, and if I eat olives, capers or even roasted peppers or anything with vinegar, I spike. I always wash everything off, and it still doesn't help. My fear is that a lot of the ingredients in here, I don't use (like creamy sauces or mayonnaise), and I think it might elevate my cholesterol higher. I cut those ingredients out to reduce it to begin with, so adding them back in my create a surge. I found one of the best ways to naturally reduce cholesterol are with plant sterols and plant stanols (in benecol spread or more preferably the benecol chews as they don't have the partially hydrogenated soybean oil the margarine does). Plant stanols work better on menopausal women than plant sterols do (you can get plant sterols in any health food store but the benecol chews can only be purchased on line through [drugs.com](http://drugs.com)).

[Download to continue reading...](#)

The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low

Cholesterol) (Volume 45) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes Eating for IBS: 175 Delicious, Nutritious, Low-Fat, Low-Residue Recipes to Stabilize the Touchiest Tummy The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less Lower Your Taxes - BIG TIME! 2015 Edition: Wealth Building, Tax Reduction Secrets from an IRS Insider (Lower Your Taxes-Big Time) Lower Your Taxes Big Time 2013-2014 5/E (Lower Your Taxes-Big Time) Lower Your Taxes - BIG TIME! 2017 Edition: Wealth Building, Tax Reduction Secrets from an IRS Insider (Lower Your Taxes-Big Time) Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) ANA Grading Standards for United States Coins: American Numismati Association (Official American Numismatic Association Grading Standards for United States Coins) American Birding Association Field Guide to the Birds of New Jersey (American Birding Association State Field)