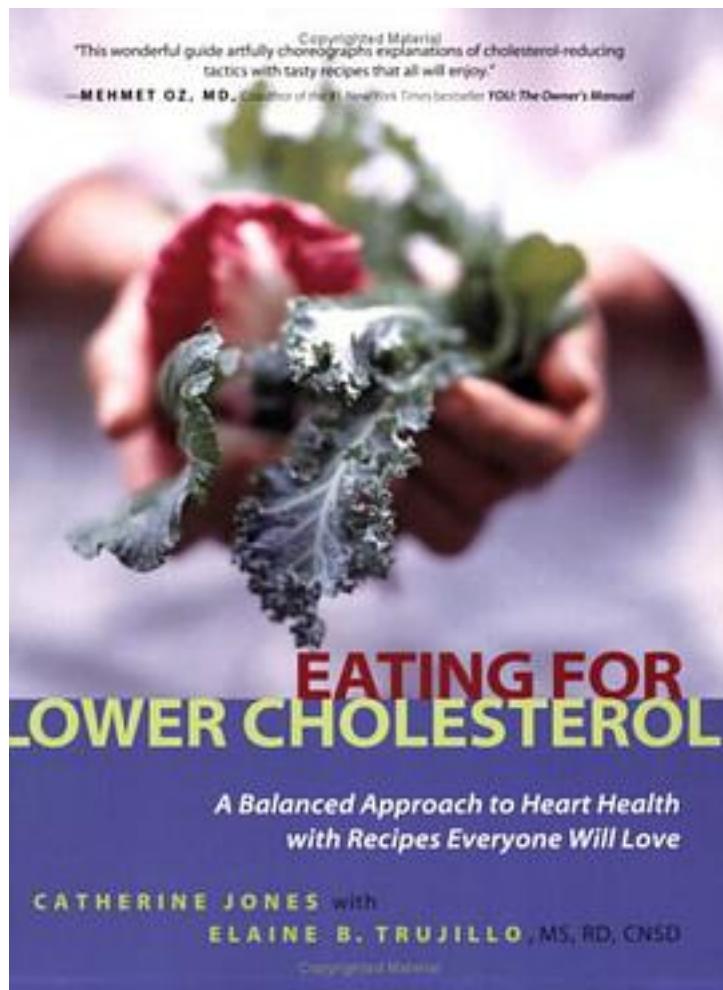


# Eating for Lower Cholesterol



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Eating for lower cholesterol has never been easier, or tastier.

High cholesterol is directly associated with heart disease. New national guidelines for healthy cholesterol levels, recently revised to be more stringent, mean millions of Americans need to bring their levels down. While doctors fill out millions of prescriptions for cholesterol-lowering drugs, diet remains a proven, supremely effective way to reduce cholesterol. Now, professional cookbook author and health-conscious chef, Catherine Jones, and one of the nation's leading nutritionists, Elaine B. Trujillo, offer a wealth of cutting-edge information along with a collection of delicious recipes to help lower your cholesterol levels. Key features of this authoritative, information-packed book include:

- An introduction, clearly explaining cholesterol and how it relates to heart disease, what your "numbers" mean, risk factors for developing high cholesterol, high cholesterol in women and children, and other vital information
- More than 100 heart-healthy recipes, easy enough for everyday fare and guaranteed to please everyone—from breakfast to dinner, with snacks in between
- Tips for stocking a heart-healthy pantry
- More than 100 text boxes, highlighting the latest research findings, health claims, shopping, cooking, meal planning, fast food dangers, and other practical, essential information
- A Stay Balanced Scale, to help you take control of your diet without ever feeling deprived
- Nutrition information accompanying each recipe that explains heart-health benefits, including nutritional breakdowns and ADA exchanges for diabetics

作者介绍:

目录:

[Eating for Lower Cholesterol 下载链接1](#)

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