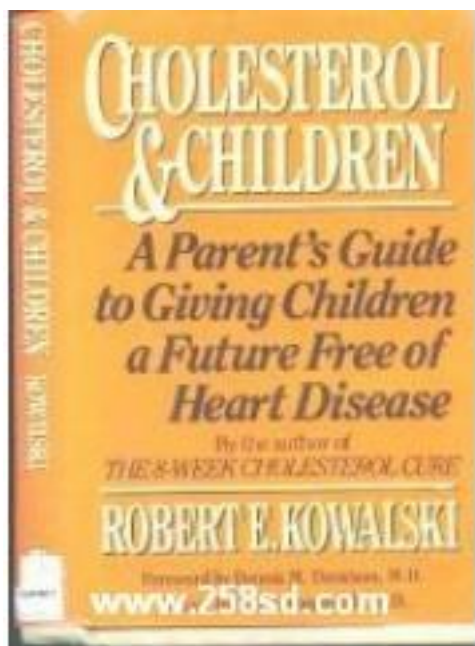


# Cholesterol and Children: A Parents Guide to Giving Children a Future Free of Heart Disease



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Kowalski, author of the popular 8-Week Cholesterol Cure (Harper & Row, 1987), now focuses his cholesterol-reduction plan on children. This diet calls for a 20-25 percent dietary reduction in fat, resulting in a ten percent reduction in blood cholesterol levels. As in his earlier book, Kowalski also recommends adding up to 50 grams of oat bran to further reduce cholesterol levels. (Niacin supplements that played a role in the earlier adult diet are not mentioned here.) While the advice is not poor, there doesn't seem to be enough to justify purchase. Readers would be better served by one book that covers cholesterol reduction for all age groups, such as *Eater's Choice* by Ron and Nancy Goor

( LJ 4/15/87). Susan E. Holmer, Peninsula Lib. System, San Mateo, Cal.

作者介绍:

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