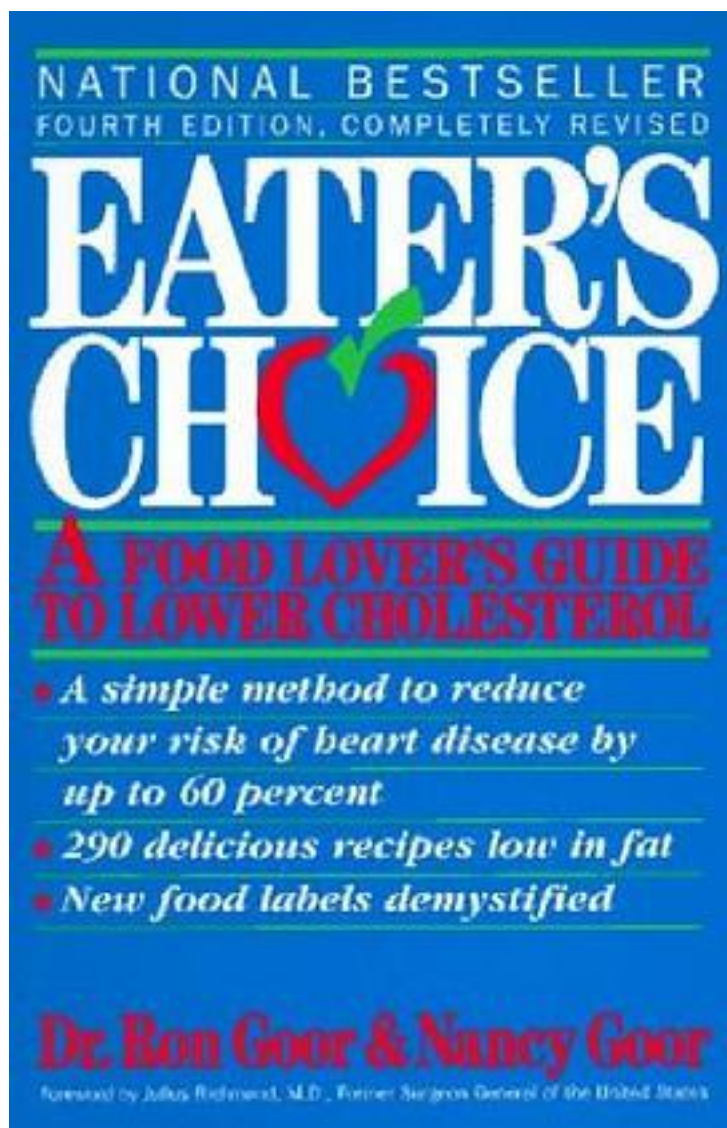


Eaters Choice



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From Publishers Weekly Ron Goor, a biochemist who has coordinated cholesterol programs at the National Institutes of Health and the Heart Institute, recommends a calorie-based diet in which "sat(urated)-fat" calories account for no more than 10% of the total. The sound advice isn't new, and the charts, graphs, study results and warnings will appeal most to those already converted to low-fat, low-cholesterol eating. Others may be intimidated by the book's intensity. Nancy Goor, who has collaborated on children's books with her husband, contributes low "sat-fat" recipes emphasizing fowl, seafood and vegetables. Some recipes have higher sodium levels than seem necessary but, on the whole, these dishes are a welcome addition to the growing body of low-fat, low-cholesterol dishes. Turkey cutlets with artichoke-cream sauce, vegetable souffle with tahini sauce and peanut butter bread will encourage readers to invest energy in healthful cooking. The "quick" designation, although used somewhat freely in describing recipes, does include items such as scallops Caribbean, breaded turkey cutlet and mushroom soup that may help readers to resist high-fat, high-cholesterol fast foods. Illustrations. Copyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. Book Description Eater's Choice has earned its impressive reputation among doctors, dietitians, hospitals, and general readers as the clearest explanation on the market for those who choose to lower their blood cholesterol by diet. It uses a simple, proven method to reduce the risk of heart disease by up to 60 percent and offers delicious recipes for the whole family. Also included is important and timely information on children and cholesterol. See all Editorial Reviews

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