



# the **LOW-CHOLESTEROL COOKBOOK** *for two*

100 Perfectly  
Portioned Recipes  
for Better  
Heart Health

ANDY DE SANTIS, RD, MPH  
WITH MICHELLE ANDERSON

# The Healthy Meat Eaters Cookbook Low Fat Low Cholesterol

**Mary Harrison Carroll**

## **The Healthy Meat Eaters Cookbook Low Fat Low Cholesterol:**

**The Healthy Meat Eater's Cookbook** Donald M. Small,Ann S. Adams,1991      Dairy Products in Human Health and Nutrition M. Serrano-Rios,1994-06-01 Considers the effects dairy products have on human health and nutrition The 48 papers cover topics including lactation milk composition biotechnology and industrial production life styles vital cycles and dairy products consumption dairy products and metabolic impact      *Low GI Diet for Gluten-free Cooking* Philippa Sandall,Kate Marsh,Jennie Brand-Miller,2012-03-27 The best selling gluten free recipe book now available as an ebook More than 200 000 Australians have coeliac disease and many others with gluten intolerance or other conditions are discovering the benefits of switching to a gluten free diet Widely recognised as the most significant dietary finding of the last twenty five years the glycemic index GI is an easy to understand measure of how foods affect blood glucose levels Low GI diets improve health and weight control lower bad cholesterol and help prevent or reduce your risk of type 2 diabetes heart disease cancer and other chronic diseases In **LOW GI DIET FOR GLUTEN FREE COOKING** the best selling Low GI Diet team explain clearly and simply how to combine the ground rules of a gluten free diet with the lifelong health benefits of low GI eating to enable you to live well and stay healthy It includes seven simple dietary guidelines for eating gluten free and low GI how to find and source gluten free products Low GI substitutes for common high GI foods 100 delicious easy to prepare recipes with dishes for each meal of the day GI tables with values for popular gluten free foods      The Best-Kept Secrets of Healthy Cooking Sandra Woodruff,2000-04-10 In her nine previous cookbook bestsellers Sandra Woodruff proved that fat free cooking is as easy and delicious as it is nutritious Now in a book that's destined to become the kitchen bible for health conscious cooks everywhere she's collected all of her best fat free and low fat recipes in a single volume Each of these recipes is a winner a table tested favorite that will please even the pickiest eaters From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake this is the only cookbook people need for a lifetime of healthy eating      The Light, Lean, and Low-Fat Cookbook Anne Sheasby,1997 If you are considering switching to a healthier lifestyle the introduction here explains guidelines for eating lighter and leaner with practical examples of how to reduce fat in your diet More than 70 mouth watering low fat recipes such as Avocado and Shrimp Cocktail Spicy Roast Chicken Profiteroles and more will satisfy your appetite as well as help you look trimmer and feel fitter before you know it 200 full color photos      *Directory of Food and Nutrition Information for Professionals and Consumers* Robyn C. Frank,Holly Berry Irving,1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information      **Cooking Light Cookbook 1991** Oxmoor House,1990 Let Cooking Light assist you in achieving better health Along with recipes menus and a calorie nutrient

chart you will find an abundance of information on nutrition and fitness and the role they play in bringing about a healthier lifestyle    **Vegetarian Times** ,1991-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both    **Eating Well Secrets of Low-fat Cooking** ,1997    **The Complete Encyclopedia of Medicine & Health** Johannes Schade,2006 Valuable medical resource contains medical, pharmaceutical, dental and biological knowledge on diseases, treatment, healthy living, diets, stages of life, types of drugs and medicines and more, supplemented by full color photographs, illustrations and diagrams    **Bibliography of Agriculture with Subject Index** ,1993-07    **Vegetarian Times** ,1991-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both    **Vegetarian Times** ,1991-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both    **Vegetarian Times** ,1991-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both    **The Healthy Gourmet Cookbook** Mary Harrison Carroll,1989

**Journal of the American Dietetic Association** ,1999    **The Wellness Lowfat Cookbook** Wellness Cooking School,1993 Imagine enjoying Guacamole Nachos Pesto Pizza Macaroni and Cheese, Strawberry Shortcake or Hazelnut Cheesecake without the slightest bit of guilt because you know they're all low in fat. You'll find each of these taste-tempting recipes and some 300 others in The Wellness Lowfat Cookbook a book that proves once and for all that lowfat eating doesn't mean giving up the foods you love. Here are kitchen-tested recipes for lowfat appetizers and snacks, soups, meat, poultry and fish dishes, meatless main courses, pastas, main course salads, sandwiches, desserts, breads and breakfasts, each accompanied by a comprehensive nutritional breakdown that lets you see at a glance just how healthful these dishes are. And every recipe is easy, requiring no fancy cooking techniques, exotic ingredients or special equipment. But The Wellness Lowfat Cookbook is far more than a collection of delicious, healthy recipes. The book also features a revolutionary new lowfat eating plan called The Healthy Heart Solution which can help lower your risk of heart disease. Developed by doctors and nutritionists at The

University of California at Berkeley in conjunction with The Wellness Cooking School this easy to follow plan teaches you how to cut fat from your diet meal by meal No more tedious calculations You simply establish a daily fat gram target and then go for it And as long as you don t exceed your target you can eat all your favorite foods even butter cheese steak cookies ice cream peanut butter and pizza Included in the book as well is an extensive food glossary to help you shop for lowfat foods a guide to ordering lowfat meals when dining out and a comprehensive chartdetailing the fat and cholesterol content of more than 350 commonly eaten foods The book also offers the latest information on the role diet plays in preventing heart disease You ll learn what causes heart attacks where cholesterol comes from whether the antioxidants vitamins C and E and beta carotene an really help fight heart disease and how dietary fiber potassium iron sodium and alcohol affect your heart With The Wellness Lowfat Cookbook you ll not only be preparing delicious satisfying food you will also be adopting a healthful way of eating that could well add years to your life    Principles and Management of Lipid Disorders Albert Oberman,Robert A. Kreisberg,Yaakov Henkin,1992 This text aims to provide essential background material for primary practitioners who treat lipid disorders and to serve as a practical guide for treatment of this condition For those interested in background material the first several chapters contain the scientific basis for treatment and more complex concepts are carefully explained with examples    **Skinny Seafood** Barbara Grunes,1993    *Life* ,1991

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