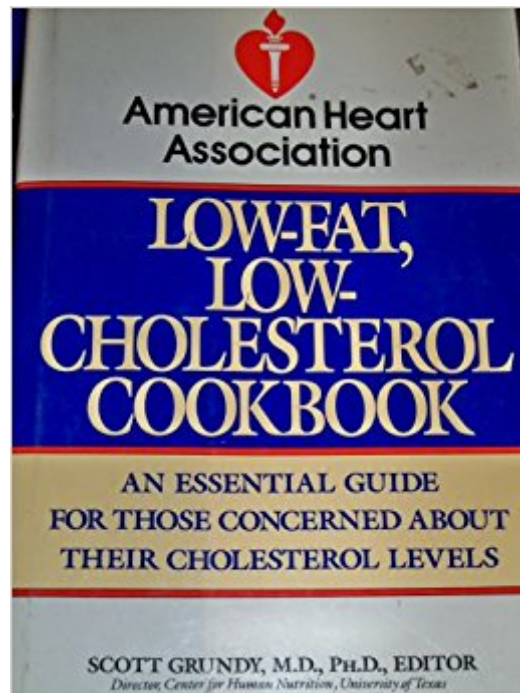




**Ebook Directory**  
the best source of ebook

The book was found

# American Heart Association Low-Fat, Low-Cholesterol Cookbook



## Synopsis

Features 200 recipes developed for those who want to reduce their blood cholesterol levels, including tips about grocery shopping and recipe adapting.

## Book Information

Series: American Heart Association

Hardcover: 340 pages

Publisher: Crown; 1st edition (June 3, 1989)

Language: English

ISBN-10: 0812917839

ISBN-13: 978-0812917833

Product Dimensions: 1.2 x 6.5 x 9.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 165 customer reviews

Best Sellers Rank: #786,081 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #672 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

“Those in the know have been counting on American Heart Association books for years; the wide variety of recipes gets the whole family on track for heart-smart eating.”  
—Good Housekeeping --This text refers to the Mass Market Paperback edition.

Features 200 recipes developed for those who want to reduce their blood cholesterol levels, including tips about grocery shopping and recipe adapting.

Such delicious recipes!!! Every one a winner!!! Balsalmic chicken, Asian chicken, non-fried "fried" chicken all wonderful. I bought this book because I need to limit fats in my diet and this book does not disappoint. But I should have bought it YEARS ago because the recipes are so great. After your married a long time (51 years for us) you can get in a rut and cook the same things in the same way decade after decade. No longer. Every week has a surprise dish in it, something from the cookbook. I love it so much I bought a second copy and gave it as a gift to my best friend..

This is another of a series of cookbooks from The American Heart Association and it's also a winner. My medical 'problem' was diagnosed as high cholesterol and I looked forward to eating 'grass and water chestnuts' ... that is, until I discovered these books which also give you delicious solutions for your 'fat' problems. Page after page of delicious recipes changed my attitude towards how I would be dining. You may have to stock up on some grocery items and spices that might not be on your shelf, but once that's done you're ready to dig in. One of the books has a recipe for cheesecake made with non-fat yogurt, which has a rich enough taste to fool many of my friends. When you decide to face your 'issues' and order these books ... help will definitely be on the way. Bon appetit!

Some great recipes here, with finding out my cholesterol is through the roof it was time to hunker down and see if diet will help correct it. For those, like myself, looking for suggestions to get started this is a handy manual for keeping your meals from getting boring. I recommend this book for anyone that needs to eat for health and want it to taste good.

I have learned a lot from the info in this book, not just the recipes but about cholesterol and how to lower it. It is a life changing program but well worth it. This book has helped me to understand the cholesterol issue and to make better choices every day. My New Year's resolution was to get healthy and this book is helping me to do that.

This is a great cook book. I have tried several recipes and they have all been successful and very tasty. I found this book to have better recipes than "The Low Cholesterol Cookbook & Health Plan " .

## Good Recipes

I'm not wild about the cookbook. I bought it because my husband got a bad report on his cholesterol, and I thought this cookbook would give me a few ideas on low fat/low cholesterol meals. But I found that since we already eat very healthy, many of the recipes I already make were actually lower in fat and cholesterol than the recipes in this book. Disappointing, but I'm going to go ahead and keep it anyway. I may find a couple of recipes that I can use.

If you need to be on a low fat low cholesterol diet, this book is a must have. Besides you cannot go wrong with a book published by the American Heart Association for learning good recipe for

something you are trying to get under control.

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

Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol (Random House Large Print Nonfiction) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) American Heart Association Low-Fat, Low-Cholesterol Cookbook American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Low Cholesterol Cookbook & Health Plan: Meal Plans and Low-Fat Recipes to Improve Heart Health Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) The Type 2 Diabetes Cookbook: Simple & Delicious Low-Sugar, Low-Fat, &

Low-Cholesterol Recipes (All Other Health) The Type II Diabetes Cookbook: Simple and Delicious  
Low-Sugar, Low-Fat, and Low-Cholesterol Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)