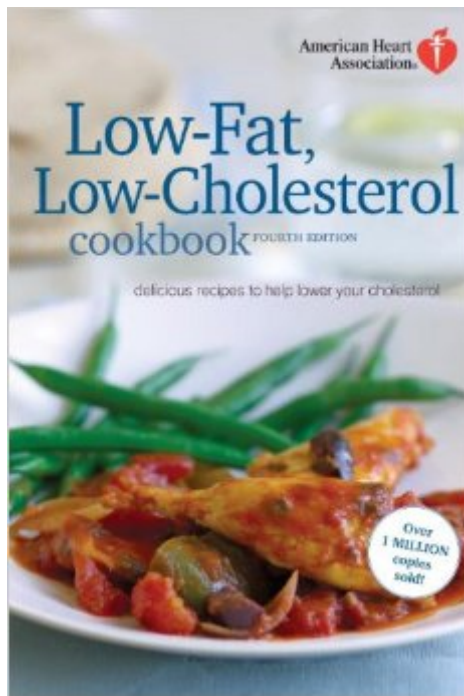


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# American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition: Delicious Recipes To Help Lower Your Cholesterol



## Synopsis

Eat wisely, eat well. The nation's most trusted authority on heart-healthy living presents the fourth edition of this classic cookbook, with the most up-to-date information on heart health and nutrition—including the effects of saturated and trans fats and cholesterol—and 50 exciting new recipes. American Heart Association Low-Fat, Low-Cholesterol Cookbook offers more than 200 delicious, easy-to-prepare dishes, including:

- Fresh Basil and Kalamata Hummus
- Elegant Beef Tenderloin
- Tilapia Tacos with Fresh Salsa
- Garlic Chicken Fillets in Balsamic Vinegar
- Peppery Beef with Blue Cheese Sauce
- Thai Coconut Curry with Vegetables
- Sweet Potatoes in Creamy Cinnamon Sauce
- Pumpkin-Pie Coffeecake
- Streusel-Topped Blueberry Bars
- Key Lime Tart with Tropical Fruit

The perfect companion for today's healthy cook, this indispensable cookbook will help you put delicious food on the table and make the best choices for your heart's health.

## Book Information

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## Customer Reviews

This book has come in so handy since we have had to make lifestyle changes due to high cholesterol. The best thing about this book is that it uses pretty basic ingredients that you can find at any grocery store. Other books I have with low cholesterol recipes had odd ingredients that I just won't keep in stock normally. The recipes offered by the AHA cookbook identify with "real", everyday people making the lifestyle transition much easier than I originally thought. The final

outcome: Palate tantalizing dishes appropriate for the whole family.

My husband was put on a low-fat diet so I picked up this cookbook because I liked that it was by the American Heart Association. Every recipe I've made has been delicious! (with the exception of one dessert which was just okay, but low-fat desserts are tough) I will say though, that this cookbook can't be called quick and easy. As someone else mentioned, I have to plan in advance so I can pick up all the ingredients at the grocery store. You also have to make sure to allow plenty of time for cooking the meal. Nothing has been very fast, although it's nothing overly complicated for this basic chef. All-in-all, I would recommend this cookbook to anyone trying to eat healthier as I think it's an easier transition when the food tastes good, and these recipes definitely do!

All of the recipes I've made (20 so far) are all good. Do you think apple juice, lemon, oil and vinegar would taste good with mixed vegetables? Neither did I until I made it. EVERY single one has been excellent and outstanding. I recommend this cookbook to the novice, the beginner, the expert!

The recipes include foods that the whole family will enjoy - great for those trying to lower their cholesterol who also have kids. I gave it as a gift to a friend who just had a heart attack at age 40 (better than flowers, and I certainly wouldn't give chocolates) and he enjoyed the recipes so much I'm buying one for myself.

I first bought an earlier edition of this book a few years ago when I decided it was time to lose weight. It made cooking for a family of 4 super easy. The meals are delicious and healthy...although there are a few recipes that didn't fit my taste. At first, you do end up spending more at the grocery store to buy all the new spices & a few new ingredients, but eventually, the cost tapers down. Our weekly grocery bill averaged around \$150.00 for a family of 4 adults which included 3 meals a day with snacks. So, I have to say that it is pretty cost efficient as well. By cooking directly from this book, eating about 1600 calories a day, and walking on the treadmill 20 minutes a day, I went from 286 lbs down to about 215 lbs in 3 months. At that point, I got a gym membership and cut back on my calories just a little bit more (down to 1500). I am now 138 lbs and have been able to keep it off so far. This book definitely gave me a good kickstart to getting my weight down (and giving my heart a break). I would recommend it in a heartbeat!!!

I'm not sure if there are different versions of this cookbook, but the one I bought is the size of a

paperback novel. That makes it quite hard to use in the kitchen, because the pages and print are very small, and the book won't stay open on the counter unless you break the spine. However, the recipes I've tried have been pretty good. Just look around to see if it comes in hardcover or another, easier, format.

I purchased this book because we have cholesterol issues in the family, and so far, I've made 3 or 4 recipes involving beef. They've been very dry and not visually appealing (with kids, this is important!:) I've found most of the entrees have been time consuming to prepare as well, lots of ingredients. Truthfully, the only thing I'm enjoying from the book is the information in the beginning about cholesterol and how it affects your health- lots of great informative points on this but the recipes are just not very tasty. I also own American Heart Association's Meals in Minutes, which is much better.

My only caution to people considering purchasing the book - if you have high blood pressure, you will have to make some adaptations to the recipes. For example, olives and smoked salmon are very high in sodium. I couldn't believe they listed the sodium content for smoked salmon as 82mg when every package of smoked salmon (and not lox as they indicate) has at least 550mg of sodium per 2 slices, and I don't believe washing it in cold water will reduce it to 82 mg. Smoked salmon many times is soaked in brine (lots of salt). With olives you may get away with washing them off, but I am always leary. I have hypertension, and if I eat olives, capers or even roasted peppers or anything with vinegar, I spike. I always wash everything off, and it still doesn't help. My fear is that a lot of the ingredients in here, I don't use (like creamy sauces or mayonnaise), and I think it might elevate my cholesterol higher. I cut those ingredients out to reduce it to begin with, so adding them back in my create a surge. I found one of the best ways to naturally reduce cholesterol are with plant sterols and plant stanols (in benecol spread or more preferably the benecol chews as they don't have the partially hydrogenated soybean oil the margarine does). Plant stanols work better on menopausal women than plant sterols do (you can get plant sterols in any health food store but the benecol chews can only be purchased on line through [drugs.com](http://drugs.com)).

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