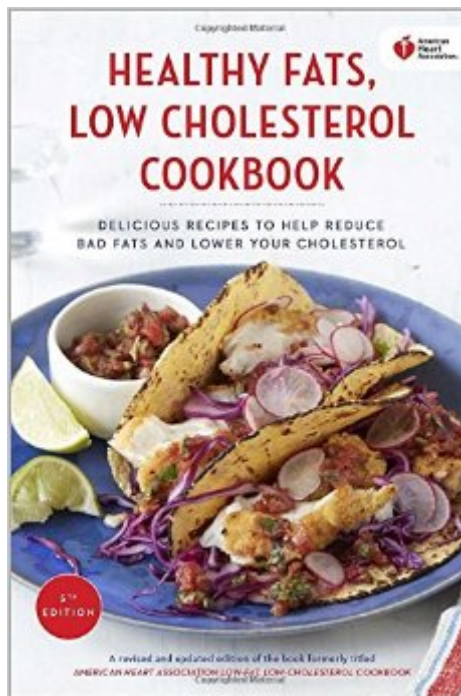


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# American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes To Help Reduce Bad Fats And Lower Your Cholesterol



## Synopsis

The classic cookbook for achieving heart health and wellbeing through a diet that is low in cholesterol and saturated fat--updated and revised with 200 recipes (including 50 new to this edition) Lose the bad fats, but not the flavor. Now in its fifth edition, *American Heart Association Healthy Fats, Low-Cholesterol Cookbook* provides the most up-to-date information on heart health and nutrition. Good-for-you food should also be satisfying, and the American Heart Association reveals how easy it is to replace the bad fats in your diet with healthier ones. This classic cookbook offers more than 200 tempting dishes, 50 of which are new, including: Fresh Basil and Kalamata Hummus Triple-Pepper and White Bean Soup with Rotini Taco Salad Hearty Fish Chowder Balsamic Braised Beef with Exotic Mushrooms Grilled Pizza with Grilled Vegetables Stovetop Scalloped Tomatoes Puffed Pancake with Apple-Cranberry Sauce Mango Brûlée with Pine Nuts The perfect companion for today's healthy cook, this indispensable collection of recipes proves you can eat deliciously and nutritiously.

## Book Information

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## Customer Reviews

I didn't get this from a bookclub or at a discount or free, I bought this because my husband has had

open heart surgery and now 3 years later had 2 new stints put in the left ventricle which they call the "widow maker". After his major heart surgery he got serious about eating right, but then forgot just how serious things can get until the recent stints and how serious his cardiologist got with him and how serious I got with him as his wife. We now BOTH do heart healthy as a lifestyle and there is no going back! However, when the doc comes out and tells you "watch your sodium, watch your fats" what does that mean? It means you have to do your own homework and figure it out. I started to google and didn't really have a lot of clear answers until I found this book, which really cleared a lot of things up for me. I knew we had to have a variety of fruits, vegetables, lean meats and fish and whole grains, but what about the fats and sodium? What about sugar? No one was specific, not even google. It's so refreshing to find all of these in answers in one place. The book gives you healthy hints throughout about what to choose or not to choose and how to calculate. Best of all, I got my answers. Sugar: women, no more than 24grams per day, men no more than 36 grams, there was my answer! Sodium: no more than 2400 mg per day or if you need to lower your blood pressure 1500 mg is best. It also gave me a breakdown about fats, how much, what type, the clear and concise answers that I was looking for. This isn't just a cook book, this is so much more than that because when you do Heart Healthy it is A LIFESTYLE! Clearly the writer and publisher is aware of this and goes by the standards of the American Heart Association throughout the book.

Admit it. We all need to eat better. For our health. For our well-being. For our future. Which is why the newly revised and updated 5th edition of the Healthy Fats, Low-Cholesterol Cookbook by the American Heart Association is exactly what the doctor ordered. With 200 recipes that are not only good for you but delicious, too, there's bound to be something to please everyone--even the pickiest eaters! Take, for instance, the Crispy Oven-Fried Chicken on page 144. This is how the recipe is described: "This spicy, heart-friendly alternative to traditional fried chicken surprises your taste buds with a pleasant nip of ginger. Try it with Individual Corn Puddings (page 259), which bake at the same temperature, or with Sautéed Greens and Cabbage (page 261)." Which is exactly what I decided to make. All three. Not only was this meal attractive, easy to prepare, and heart-healthy, it really tasted great, too. The beauty of this cookbook is that for each and every recipe, it lists such helpful and useful information, from calories and fat grams, to cholesterol, sodium, carbohydrates, and protein. Suddenly, all this data is right at your fingertips. No more guessing or estimating! The recipes are nicely divided into categories and are even easy to mix-and-match. Oftentimes the headnotes will also give suggestions for pairings, which will make anyone's meal planning a whole lot easier. The instructions are super clear. The techniques are extremely simplistic. And the

ingredients are readily available at most all grocery stores.

When you come from a family riddled with heart problems, it's only natural to have some cookbooks from the American Heart Association in your collection of cookbooks. I've had a grandmother pass away at the young age of 59, an uncle at 49, and another uncle at 52, and all from heart attacks. Also, my mother had double bypass surgery when she was just 55 years old. So yeah, you could say that heart disease is something I'm very concerned about. When I received this cookbook, the first thing I noticed was there were no pictures, which is kind of a letdown. I'm a visual person when it comes to cooking, and I use the pictures to gauge how I'm doing. That is really the only down side of this book for me. As for the recipes, there are plenty to choose from, ranging from every entree imaginable. The first recipe I tried was the Grilled Vegetable Quesadillas (page 230). It wasn't a difficult recipe to prepare and the ingredients were all readily available at my local supermarket. I'm used to having grilled chicken breast tucked inside my quesadillas, so the thought of having a purely vegetable one was kind of daunting, but it turned out really good. When you pair it with salsa and sour cream, the taste is even better. The second recipe I prepared were the Cherry Pear Turnovers (page 300). Again, it was very simple to make and the mixture of cherries, pears, cinnamon, and cranberries was delicious and filling. I also made a batch for some relatives and they cleaned the plate in no time. I should also add that these relatives normally turn their nose up at anything healthy, but I didn't mention where the recipe came from and they never complained about the turnovers being bland, like they usually do, so that was a plus.

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