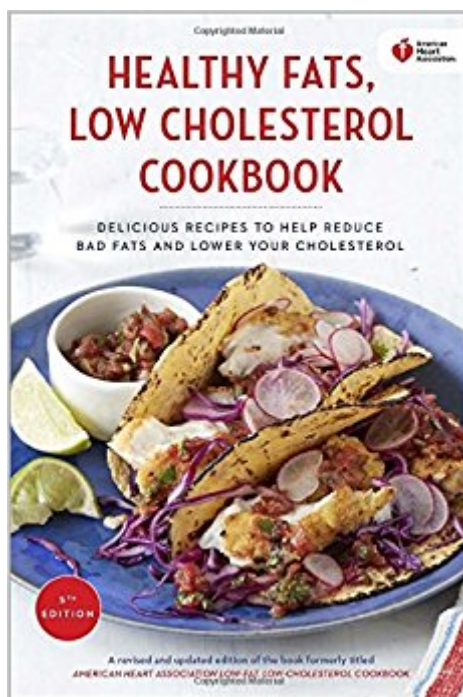


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# American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes To Help Reduce Bad Fats And Lower Your Cholesterol



## 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,Â American Heart Association Healthy Fats, Low-Cholesterol CookbookÂ 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:Â Â Â Â Â Â Â Â Â Â Fresh Basil and Kalamata HummusÂ Â Â Â Â Â Â Â Â Â Triple-Pepper and White Bean Soup with RotiniÂ Â Â Â Â Â Â Â Â Â Taco SaladÂ Â Â Â Â Â Â Â Â Â Hearty Fish ChowderÂ Â Â Â Â Â Â Â Â Â Chicken Pot Pie with Mashed Potato ToppingÂ Â Â Â Â Â Â Â Â Â Balsamic Braised Beef with Exotic MushroomsÂ Â Â Â Â Â Â Â Â Â Grilled Pizza with Grilled VegetablesÂ Â Â Â Â Â Â Â Â Â Stovetop Scalloped TomatoesÂ Â Â Â Â Â Â Â Â Â Puffed Pancake with Apple-Cranberry SauceÂ Â Â Â Â Â Â Â Â Â Mango BrÃ»lÃ©e with Pine NutsÂ Â The perfect companion for todayâ™s healthy cook, this indispensable collection of recipes proves you can eat deliciouslyÂ andÂ nutritiously.

## Book Information

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## Customer Reviews

The mission of the American Heart Association is to build healthier lives, free of cardiovascular

diseases and stroke. Its bestselling library of cookbooks includes Grill It, Braise It, Broil It; Healthy Slow Cooker Cookbook; Go Fresh; The Go Red For Women Cookbook; Low-Salt Cookbook, 4th edition; and The New American Heart Association Cookbook, 8th edition. [americanheart.org](http://americanheart.org)

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. One of the first recipes that I made from the book but I did adjust it a little bit because my husband hates sour cream was the: Southwestern Black Bean Spread on page 35. He loved it! I found some GMO free blue corn tortilla chips and for 12 it's only 60mg of sodium, this felt like a treat instead of eating healthy. I also use Mrs. Dash for extra flavor. Next up, I made the skillet salmon but again I used Mrs. Dash the lemon pepper and the chili lime and it made all of the difference with this recipe. I think recipes are to give us ideas if we stay within the guidelines of sodium and fat, we will be fine but they give us a broader vision when we think there is nothing that we can eat. There is plenty that we can eat and when we start eating this way, we realize that the other food doesn't taste as good as we once thought it did and when we have those cheat meals which we allow ourselves every few weeks, we feel sick and those meals become less and less because we have come to realize we now love this healthy food and how our bodies feel. I also want to point out that I appreciate the

calorie, sodium and fat count that is calculated for me on every recipe. I'm very grateful for the clear concise information and happy that I made this purchase.

Been eating from the AHA cookbooks for a little over a month... the recipes are surprisingly delicious, we thought they would be bland and tasteless, and most are simple to make...

American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your CholesterolÂ This has a lot of good recipes that are easy to cook and they taste good. I have used this book for a couple of weeks and yes I have lost some weight by following their recommendations.

We use it every day for cooking or for planning meals

has a lot of meals I never thought I could eat.

We have tried 3 recipes, 1 was fantastic, one was ok, and the third we could not eat as there was no flavor. All in all I guess to read thru the recipe a couple of times and make sure ingredients are what you like and there is enough of the spices to make it tasty.

Great transaction, lots of great meals to prepare.

Good

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