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Low- Cholesterol Jewish Cookery June Roth

THE UNSATURATED-FAT WAY

A DELICIOUS BLEND OF TRADITIONAL JEWISH RECIPES
AND MODERN METHODS OF HEALTH AND NUTRITION —
ESPECIALLY FOR THOSE ON RESTRICTED OR
UNSATURATED-FAT DIETS

Foreword by Seymour K. Fineberg, M.D., F.A.C.P.

Low Cholesterol Jewish Cookery The Unsaturated Fat Way

JS Bruner



Low Cholesterol Jewish Cookery The Unsaturated Fat Way:

Low-cholesterol Jewish Cookery June Roth,1978 *Harriet Roth's Cholesterol Control Cookbook* Harriet

Roth,2008-06-04 The classic low cholesterol cookbook with more than 350 easy to prepare healthy gourmet recipes If you re feeling deprived bored or turned off by diet food think about such delectable treats as Orange glazed Cornish Hens Cajun Blackened Redfish Chocoholic s Chocolate Cake and many other inspired specialties Harriet Roth nutritionist author and former director of the Pritikin Longevity Center Cooking School provides more than 350 low cholesterol low fat recipes for breakfasts lunches brunches dinners appetizers desserts and more This updated edition of her classic cookbook includes Thirty new delicious recipes More than 100 menu plans Nutritional information on statins and other cholesterol lowering treatments trans fats and other dietary research Invaluable tips on converting your favorite recipes into low cholesterol low fat versions Nutritional contents for cholesterol total fat trans fat saturated fat fiber sodium and calories for each recipe This gourmet quality nutrition oriented cookbook lets cholesterol watchers know exactly what they should and should not eat providing savory recipes that are dedicated to your health Bon app tit Roth does an exemplary job The Washington Post

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Roth,1972 *Medical Books and Serials in Print*, 1979 R. R. Bowker LLC,1979-05 **Medical Books and Serials in Print** ,1984 **Rhapsody of flavors** Raquel Askenazi de Harari,2022-03-31 Eating Healthily Who says healthy food isn t tasty

Eating healthily is not a synonym for unsavory or boring eating Based on this premise the recipes in this book have been adapted to today s preferences and generational shifts offering a new approach whereby you can cook intelligently without compromising flavor People used to say Eat anything you want and put on weight without guilt Nowadays however people are much more educated when it comes to healthy eating habits hence there is an increasing awareness of the need for a diet lower in fat sugar and calories Variations One of the main appeals of this book is what the author calls Variations Beginning with a basic recipe a variety of dishes can be created by simply changing a few ingredients thus opening up a broad range of possibilities to set your imagination soaring for customizing the recipes to suit your own personal taste The same principle applies when creating non dairy vegetarian and gluten free dishes Proven Recipes Rhapsody of Flavors contains 395 recipes and 433 Variations all tested and proven to be within the skills level of beginners and experts alike all with clear complete step by step instructions The book also explains the What s the How s and the Why s as well as providing a complete glossary tips and equivalence charts Interactive Menus For those who lack the time to plan a new menu on a daily basis the book offers 49 meat and 28 dairy menus as well as options for Shabbat holidays barbecues breakfasts and brunches it also explains the essential techniques regarding the washing and cleaning of fruits vegetables and poultry along with how to preserve and freeze all types of food how to equip a kitchen plus tips on how set up your own buffet History of Soybeans and Soyfoods in the Hawaiian Islands (1847-2021) Bill Shurtleff; Akiko Aoyagi, 2021-05-20 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 52 photographs and illustrations Free of charge in digital PDF format The National Jewish Monthly , 1973 **National Union Catalog** , Includes entries for maps and atlases

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