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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

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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

Subject Catalog, 1979 Library of Congress,1979 **Subject Catalog** Library of Congress,1979 Library of Congress Catalogs Library of Congress,1980 *Paperbound Books in Print* ,1991 Contemporary Authors CONTEMPORARY.,1981 **Medical and Health Care Books and Serials in Print** ,1986 *The Jewish Food Odyssey: A Cookbook Exploring Recipes and Stories from Samarkand to New York* Janice Li,2025-04-14 Imagine the scent of saffron and cumin wafting from a bustling market stall in Samarkand or the comforting aroma of slow cooked brisket in a New York City deli This cookbook is more than just a collection of recipes it s a passport to a world of flavor a journey through generations of Jewish culinary traditions Within these pages you ll uncover a vibrant tapestry of dishes each one a delicious testament to the Jewish diaspora From the sun drenched shores of the Mediterranean to the bustling streets of Eastern Europe and beyond every recipe tells a story Learn the secrets of flaky rugelach passed down through families savor the rich history behind a perfectly spiced tagine and discover the art of crafting melt in your mouth matzah balls that will have everyone asking for seconds Whether you re a seasoned chef or just beginning your culinary adventure this cookbook will inspire you to embrace the richness of Jewish cuisine Detailed instructions and stunning photography make each recipe approachable while historical anecdotes and cultural insights add depth and understanding to every bite *American Book Publishing Record* ,1978 *Subject Guide to Books in Print* ,1996 Healthier Jewish Cookery June Roth,1972 **The Publishers' Trade List Annual** ,1985 *Library Journal* ,1986-07 *Medical Books and Serials in Print*, 1979 R. R. Bowker LLC,1979-05 **National Union Catalog** , Includes entries for maps and atlases Foods for Health : Report of the Pilot Program National Heart, Lung, and Blood Institute. Foods for Health Project Group,1983 Foods for Health National Heart, Lung, and Blood Institute. Foods for Health Project Group,1983 Abstract The description and findings of a 1 year

nutrition education project conducted cooperatively by the US National Heart Lung and Blood Institute and by Giant Food are reported The project was conducted to increase consumer awareness and knowledge about the relationships of nutrition to cardiovascular risk and to provide practical ways for dietary improvement and cardiovascular disease prevention The primary nutrition information vehicles were a bi weekly brochure the Eater s Almanac of which over 2 million copies were distributed and shelf signs Program evaluation was made via telephone surveys of shoppers food purchase data from the computer assisted checkout system in 20 supermarkets and a completed questionnaire A gain in correct scores was noted for questions on fat and cholesterol in foods and on the relationship between dietary fat and serum cholesterol levels the scores appeared to be related to respondent characteristics of sex education age and having a family member on a special diet Changes in overall food sales trends were similar in the 2 study areas Washington D C and Baltimore MD wz **Medical Books and Serials in Print** ,1984 *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

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