

• THE •  
LOW  
CHOLESTEROL  
OAT PLAN

• A •  
REVOLUTIONARY  
OAT BRAN  
COOKBOOK THAT  
CAN SAVE YOUR  
• LIFE •

With 300 delicious and  
innovative recipes for the  
new miracle food

Barbara Earnest & Sarah Schlesinger

Foreword by James W. Anderson, M.D.

# Low Cholesterol Oat Plan A Revolutionary Oat Bran Cookbook That Can Save Your Life

**Barbara Earnest, Sarah Schlesinger**



## **Low Cholesterol Oat Plan A Revolutionary Oat Bran Cookbook That Can Save Your Life:**

The Low-cholesterol Oat Plan Barbara Earnest, Sarah Schlesinger, 1988 Contains recent findings on the benefits of eating oats including lowered cholesterol reduced risk of disease and weight maintenance *Health Related Cookbooks* Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **The New York Times Book Review**, 1988-07 *The Low Cholesterol Oat Plan* Barbara Earnest, Sarah Schlesinger, 1990-03 **Cholesterol Lowering and Controlling** Patricia T. Krimmel, Edward A. Krimmel, 1990 **Good Housekeeping**, 1990 *Cosmopolitan* Helen Gurley Brown, 1989 Medical and Health Care Books and Serials in Print, 1986 **The Publishers Weekly**, 1989 **The Wellness Lowfat Cookbook** Wellness Cooking School, 1993 Imagine enjoying Guacamole Nachos Pesto Pizza Macaroni and Cheese Strawberry Shortcake or Hazelnut Cheesecake without the slightest bit of guilt because you know they re all low in fat You ll find each of these taste tempting recipes and some 300 others in The Wellness Lowfat Cookbook a book that proves once and for all that lowfat eating doesn t mean giving up the foods you love Here are kitchen tested recipes for lowfat appetizers and snacks soups meat poultry and fish dishes meatless main courses pastas main course salads sandwiches desserts breads and breakfasts each accompanied by a comprehensive nutritional breakdown that lets you see at a glance just how healthful these dishes are And every recipe is easy requiring no fancy cooking techniques exotic ingredients or special equipment But The Wellness Lowfat Cookbook is far more than a collection of delicious healthy recipes The book also features a revolutionary new lowfat eating plan called The Healthy Heart Solution which can help lower your risk of heart disease Developed by doctors and nutritionists at The University of California at Berkeley in conjunction with The Wellness Cooking School this easy to follow plan teaches you how to cut fat from your diet meal by meal No more tedious calculations You simply establish a daily fat gram target and then go for it And as long as you don t exceed your target you can eat all your favorite foods even butter cheese steak cookies ice cream peanut butter and pizza Included in the book as well is an extensive food glossary to help you shop for lowfat foods a guide to ordering lowfat meals when dining out and a comprehensive chart detailing the fat and cholesterol content of more than 350 commonly eaten foods The book also offers the latest information on the role diet plays in preventing heart disease You ll learn what causes heart attacks where cholesterol comes from whether the antioxidants vitamins C and E and beta carotene an really help fight heart disease and how dietary fiber potassium iron sodium and alcohol affect your heart With The Wellness Lowfat Cookbook you ll not only be preparing delicious satisfying food you will also be adopting a healthful way of eating that could well add years to your life The Atlantic, 1988 *Subject Guide to Books in Print*, 1993

**Forthcoming Books** Rose Army, 1989-05 Books in Print Supplement, 1988 *The Raw Revolution Diet* Cherie Soria, Brenda Davis, 2008-05-30 **Journal of the American Dietetic Association**, 1990 **The Boston Globe Index**

,1989     *Dukan Everything You Wanted to Know* Dave Couteur,2014 TheDukan Diet has taken world by storm and being hailed as a life long weight loss answer Dukan diet is making a name for itself as a revolutionary approach to weight loss promising to deliver results without the sacrifice demanded by the Atkins or South Beach diets Essentially it s a four phase high protein low calorie diet plan You eat as much as you want at any time of day as long as what you u2019re eating is lean protein at least initially In fact protein is the centerpiece in all four phases along with oat bran lots of water and a 20 minute daily walk Dukan diet will help you to shed weight fast and in a safe effective and lasting way Oat bran is an important part of the Dukan program because it is high in a soluble fiber called beta D glucan This high soluble fiber content makes oat bran the dieter u2019s friend as it not only helps combat constipation it also makes you feel full and satisfied and can prevent the absorption of up to 10% of the fat that you eat Eating oat bran on a regular basis is also likely to meet with the approval of your doctor as research has shown that the regular consumption of oat bran can lower cholesterol even out the fluctuations in blood sugar levels and may also help prevent some forms of cancer The recipes provided in this book are wholesome and tasty Simple to prepare yet totally delicious these recipes will be a surprise However please note that I am not affiliated or endorsed by Dukan     **Dukan Everything You Wanted To Know: Dukan Friendly Oat Bran Guide with Recipe** Steve Nicholls, The Dukan Diet has taken world by storm and being hailed as a life long weight loss answer Dukan diet is making a name for itself as a revolutionary approach to weight loss promising to deliver results without the sacrifice demanded by the Atkins or South Beach diets Essentially it s a four phase high protein low calorie diet plan You eat as much as you want at any time of day as long as what you re eating is lean protein at least initially In fact protein is the centerpiece in all four phases along with oat bran lots of water and a 20 minute daily walk Dukan diet will help you to shed weight fast and in a safe effective and lasting way Oat bran is an important part of the Dukan program because it is high in a soluble fiber called beta D glucan This high soluble fiber content makes oat bran the dieter s friend as it not only helps combat constipation it also makes you feel full and satisfied and can prevent the absorption of up to 10% of the fat that you eat Eating oat bran on a regular basis is also likely to meet with the approval of your doctor as research has shown that the regular consumption of oat bran can lower cholesterol even out the fluctuations in blood sugar levels and may also help prevent some forms of cancer The recipes provided in this book are wholesome and tasty Simple to prepare yet totally delicious these recipes will be a surprise However please note that I am not affiliated or endorsed by Dukan     *The Low-Cholesterol Oat Plan* Barbara R. Earnest,1991-08-01

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