

• 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

Helen Gurley Brown



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 Low Cholesterol Oat Plan Barbara Earnest, Sarah Schlesinger, 1990-03

The New York Times Book Review , 1988-07 *Cholesterol Lowering and Controlling* Patricia T. Krimmel, Edward A. Krimmel, 1990 **Good Housekeeping** , 1990 **Cosmopolitan** Helen Gurley Brown, 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

Medical and Health Care Books and Serials in Print , 1986 **The Publishers Weekly** , 1989

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