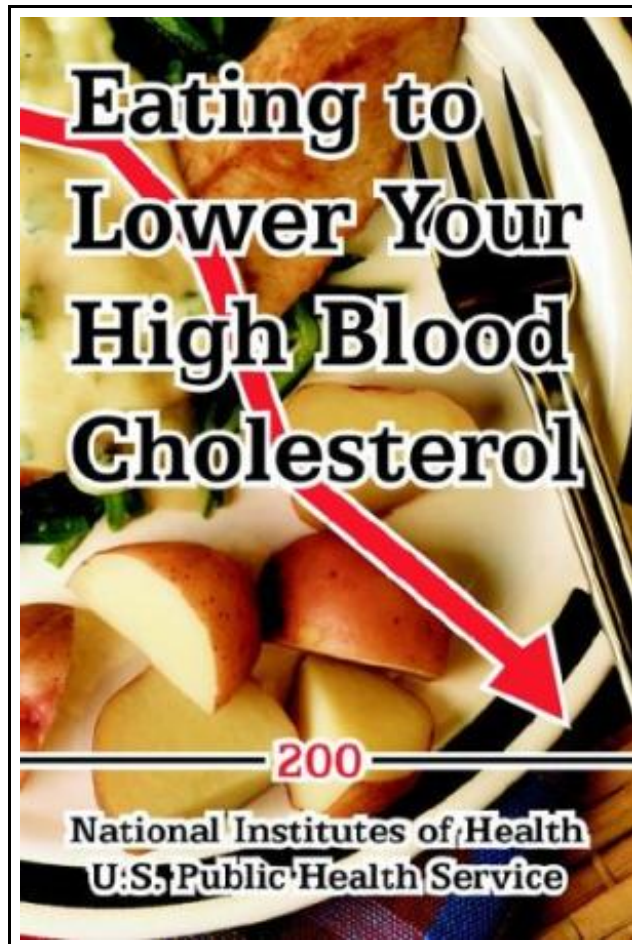


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Reviews

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Fredonia Books (NL), Netherlands, 2006. Paperback. Book Condition: New. 220 x 146 mm. Language: English . Brand New Book ***** Print on Demand *****.High blood cholesterol is a serious problem. Along with high blood pressure and cigarette smoking, it is one of the three major modifiable risk factors for coronary heart disease. Approximately 25 percent of the adult population 20 years of age and older has high blood cholesterol levels-levels that are high enough to need intensive medical attention. More than half of all adult Americans have a blood cholesterol level that is higher than desirable. Because high blood cholesterol is a risk to your health, you need to take steps to lower your blood cholesterol level. The best way to do this is to make sure you eat foods that are low in saturated fat and cholesterol. The purpose of this book is to help you learn how to choose these foods. This book will also introduce you to key concepts about blood cholesterol and its relationship to your diet. For example, it includes basic (but very important) information about saturated fat-the dietary component most responsible for raising blood cholesterol-and about dietary cholesterol-the cholesterol contained in food. This book is divided into three parts. The first part of the book gives background information about high blood cholesterol and its relationship to heart disease. The second part introduces key points on diet changes and better food choices to lower blood cholesterol levels. Finally, in the third part more specific instructions are given for modifying eating patterns to lower your blood cholesterol, choosing low-saturated fat and low-cholesterol foods, and preparing low-fat dishes. The glossary provides easy definitions of new or unfamiliar terms. The appendices that follow the glossary list the saturated fat and cholesterol content of a variety of foods. Contents...



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