



Low-Cholesterol **RECIPES**



Cholesterol Fat Low Low Low Recipe Sodium

Jeanne L. Tillotson, Stephen B. Hulley



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worrying for you with a delicious variety of low sodium low cholesterol low fat recipes More Low-Fat Recipes Sunset Books,1993 This is a collection of recipes which are designed to keep the calories from fat content below 30% and the cholesterol levels below 100mg per serving The book includes sections on how to enjoy foods such as pizza without overloading your cholesterol fat levels easy exercises and how to read food labels and a chart outlining fat cholesterol and sodium levels etc in fresh foods One-dish Meals American Heart Association,2003 America s most trusted authority on heart healthy eating presents a brand new addition to its cookbook library This book is perfect for busy cooks who love the crowd pleasing convenience of one dish meals but still want the health benefits *Nutritional Foundations and Clinical Applications - E-Book* Michele Grodner,Sara Long Roth,Bonnie C. Walkingshaw,2013-08-07 Now in its 5th edition the critically acclaimed Nutritional Foundations and Clinical Applications A Nursing Approach offers you a comprehensive first hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people Discussions on nutritional needs and nutritional therapy from the nurse s perspective define your role in nutrition wellness and health promotion The dynamic author team of Grodner Roth and Walkingshaw utilizes a conversational writing style and a variety of learning features help you apply your knowledge to the clinical setting Content updates specifically to the Dietary Guidelines for Americans 2010 an online resource a new logical organization and much more prepare you to handle the challenges you face with ease Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life Content Knowledge and Critical Thinking Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real world situations Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness Personal Perspective boxes demonstrate the personal touch for which this book is known and offer first hand accounts of interactions with patients and their families Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions Teaching tool boxes provide tips and guidance to apply when educating patients Website listings with a short narrative at the end of every chapter refer you to additional online resources Updated content to Dietary Guidelines for Americans 2010 keeps you current Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content A logical organization to updated and streamlined content lets you find the information you need quickly **Fat-controlled and Sodium-restricted Cooking** Milton E. Dupuy,Bette Jean Dupuy,1971
The Low Fat, Low Cholesterol Diet Clara-Beth Young Bond,1984 Containing over 400 healthful recipes that are also low in sugar salt high in fiber **Time** Briton Hadden, Henry R. Luce,1986 **Bon Appétit** ,1987 **Subject Catalog** Library of Congress,1982

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