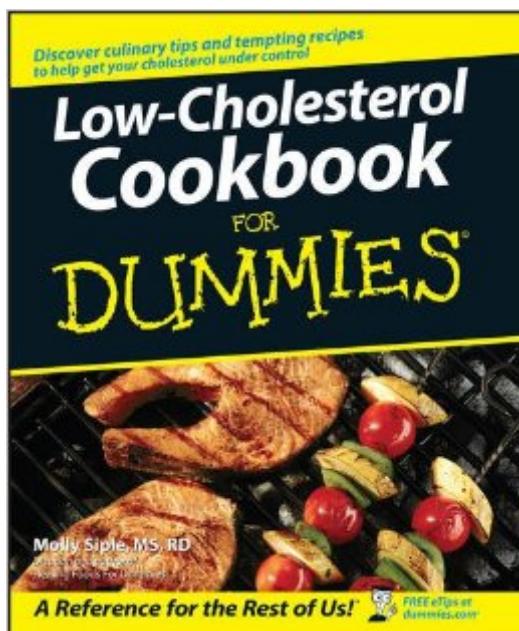


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# Low-Cholesterol Cookbook For Dummies



## **Synopsis**

Cook and eat your way to a healthier heart! Now you really can eat to your heart's content with this easy cookbook and guide. From breakfasts to dinners, from super starters to "legal" desserts, you'll find a mouthwatering assortment of tasty and satisfying low-cholesterol recipes you -- and your family and friends -- will love. With advice on choosing the right foods, low-cholesterol cooking techniques, and more, this book helps make heart-healthy eating a snap. Discover how to \* Shop for the best food and ingredients for low-cholesterol cooking \* Adapt your favorite recipes to fit your needs \* Make heart-smart choices from restaurant and takeout menus \* Tell the difference between "good" foods and "bad" foods

## **Book Information**

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Average Customer Review: 3.8 out of 5 starsÂ  See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #66,691 in Books (See Top 100 in Books) #17 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #9522 inÂ Books > Health, Fitness & Dieting

## **Customer Reviews**

Many of us make resolutions for the New Year. Some we keep and others are hard to stick to. I did not have a choice about lowering my cholesterol. I just didn't know how to go about it. I found myself in the Dummies section of the bookstore, and reached for Molly Siple's book - Low Cholesterol Cookbook for Dummies. I started skimming through it and the recipes sounded delicious and easy. I purchased the book and am eager to share the news that I have lost 4 lbs in two weeks. Not only are the recipes easy to follow, but the ingredients are all available in my local market. No mystery foods. It is astonishing how quick some of the meals are to prepare, and I just love Molly's little tips on what type dish to serve it in and even how to cut up a mango. I am having my cholesterol levels checked in February and will report my success then.

I'm not much of a cook but I am interested in low cholesterol, so I took a chance on this book. And

what a pleasant surprise. Not only is it chock full of information on fats in foods, the good and the bad, but the variety and originality of the recipes actually inspired me to cook. The chicken recipes alone are simply wonderful. This author brings impressive and thorough knowledge of cholesterol to her ingenious recipes. It's a well-done and worthy book.

When I found out I had high cholesterol in my mid-40's I went RUNNING to find cookbooks so I could lower it. I have bought 5 so far, this one is by far the best as far as information goes. It gives lists of foods you should keep around the house to snack on, lists of foods that should be kept handy for cooking and a no-nonsense approach to the health needs of those with high-cholesterol. There aren't as many recipes as some of the cookbooks I have; but the recipes they do have rate above the others in terms of the ease of procuring the ingredients, the taste of the food, and the simplicity of the recipes. I would not waste my time with the American Heart Assoc. cookbook if you are unsure of which to buy. As far as the 4 star rating, I can't see any low-cholesterol cookbook getting a 5 star rating - we who are doomed to a life without sugar, baked goods, white breads, mayo, luncheon meats, etc. are not prone to give any cookbook a 5 star rating!

I have bought very few cookbooks over the past 40 years, but this one is a must have. The writing style is warm and friendly. I felt like a friend was in my kitchen guiding me into the world of healthful eating. Molly Siple makes nutrition understandable for the lay person and she gives great attention to the asthetic presentation of food. The author has actually made preparing low-cholesterol meals fun rather than labor intensive. It is now my first-choice book for meal planning. We are eating better and enjoying it.

This is a good starter cookbook for those of us blessed with the extra cholesterol gene. The chapters make the health problem easy to understand. The reicpes are easy to make and I was able to use the principles of healthful cooking to modify some of my old favorites. My sweetie even commented that my cooking was improving and that the meals I have made are satisfying! This is a guy who, when left to his own devices, makes everything into a sandwich.

I was looking for an actual cookbook, with lots of recipes. There are recipes, but they're hidden in all the writing. This book is too wordy. Yes, I want to and need to know more about Cholesterol, but that's not what I bought this book for. My big mistake was that I bought two of them sight-unseen. I had planned to send one to my mom. After looking through it, I knew it would turn her off also. So

now I'm stuck with two copies of the same cookbook I don't want and shouldn't have spent the money on to begin with. I'm not saying it's not a good book. It's just not a good \*cook\* book. It should be advertised as book on Cholesterol with recipes, not as a cookbook.

Since my wife's blood tests recently came back reflecting a higher-than-acceptable cholesterol level, we thought that we'd pick this up for some ideas as to some beneficial meals. But, upon review, there are few "normal" or "practical" recipes!! Most require ingredients that we don't normally have on hand and some of which we had never heard! I understand that "cheeseburgers and fries" would not be included in most "low cholesterol" cookbooks but there have to be more recipes that require more usual or normal ingredients. It's that book for which we are still looking and, I'm sure, will find. This "Dummies" book will serve as a conversation piece, at best. It's pretty-much a waste of money...

I purchased this book about a month ago. Only half way thru it, but everything I have read so far has made me no longer a dummy when it comes to lowering Cholesterol. Healthy eating and Happy Holidays. Great gift to get someone you love.

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The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Low-Cholesterol Cookbook For Dummies Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) The Low-Cholesterol Food Processor Cookbook/Sp-162P Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Low Carb: The Low Carb Dessert BIBLEÃ Â© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) Smoothies for Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes

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