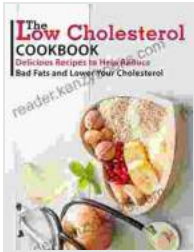


# Delicious Recipes To Help Reduce Bad Fats And Lower Your Cholesterol



## The Low Cholesterol Cookbook : Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol

by Victoria Boutenko

★★★★☆ 4.2 out of 5

Language : English  
File size : 4203 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 173 pages  
Lending : Enabled



High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. But making simple changes to your diet can help lower your cholesterol and improve your overall health.

The American Heart Association recommends a diet that is low in saturated and trans fats and high in fiber. Saturated and trans fats are found in animal products and processed foods, while fiber is found in fruits, vegetables, and whole grains.

Eating a diet rich in healthy fats and fiber can help lower your cholesterol levels and improve your heart health. Healthy fats, such as those found in

olive oil, avocados, and nuts, can help raise your levels of HDL (good) cholesterol while lowering your levels of LDL (bad) cholesterol.

Fiber helps to lower cholesterol by binding to it in the digestive tract and preventing it from being absorbed into the bloodstream. Soluble fiber, which is found in oats, beans, and apples, is particularly effective at lowering cholesterol.

The recipes in this book are all low in saturated and trans fats and high in fiber. They are also delicious and easy to make, so you can enjoy them as part of a healthy diet.

## **Recipes**

### **Breakfast**

- Oatmeal with Berries and Nuts
- Yogurt Parfait with Fruit and Granola
- Whole-Wheat Toast with Avocado and Egg

### **Lunch**

- Grilled Chicken Salad with Quinoa
- Lentil Soup with Whole-Wheat Bread
- Tuna Salad Sandwich on Whole-Wheat Bread

### **Dinner**

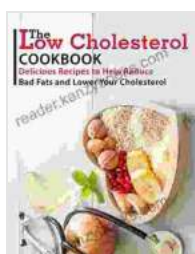
- Grilled Salmon with Roasted Vegetables
- Chicken Stir-Fry with Brown Rice

- Vegetable Lasagna with Whole-Wheat Pasta

## Snacks

- Fruit Salad
- Vegetable Sticks with Hummus
- Trail Mix

Eating a healthy diet is one of the best ways to lower your cholesterol and improve your heart health. The recipes in this book are all delicious and nutritious, and they can help you achieve your health goals. So what are you waiting for? Start cooking today!



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