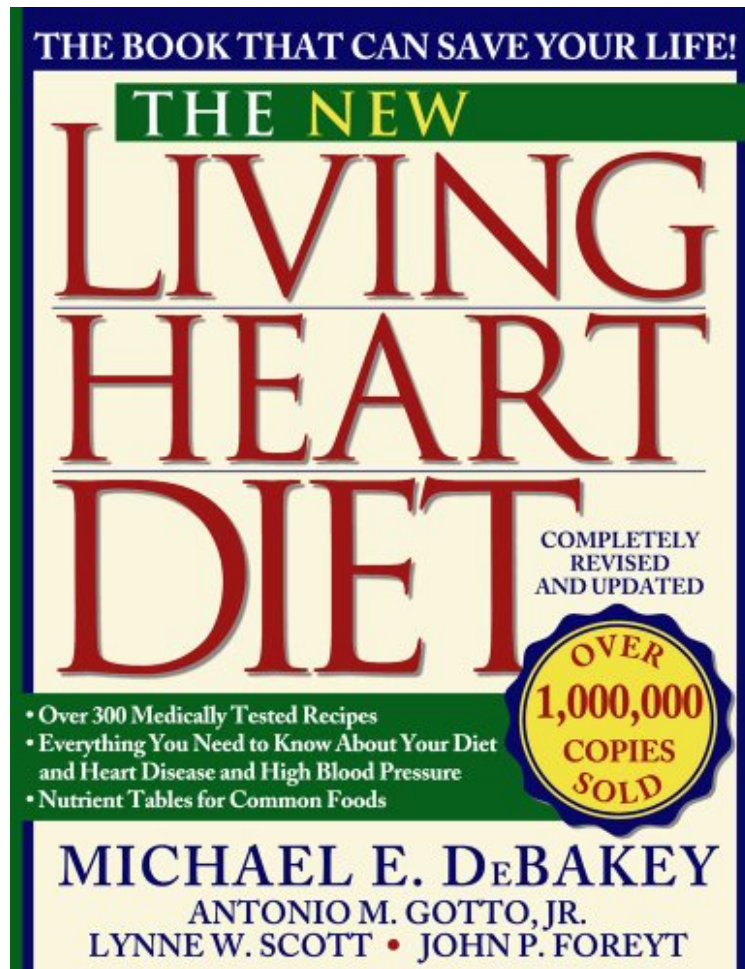


## New Living Heart Diet

*Michael E. Debakey, Antonio M. Gotto, John P. Foreyt, Lynne W. Scott*  
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**Michael E. Debakey, Antonio M. Gotto, John P. Foreyt, Lynne W. Scott : New Living Heart Diet** before purchasing it in order to gauge whether or not it would be worth my time, and all praised New Living Heart Diet:

0 of 0 people found the following review helpful. GiftBy Carol WoodyBought this book as a gift for my mother to replace the one she's had since 1988. She used it alot.1 of 2 people found the following review helpful. easy to digest, practical informationBy Kindle CustomerI learned things i didn't know, even after trying to educate myself more about cholesterol for the past 5 years. i was already near my desired weight, but by applying the advice and tracking my daily consumption for a few months, my overall count dropped 20 points (258 to 238) and my LDL dropped 10. my doctor and i agreed to keep at it for another 4 months and see if trend continues.now my wife and kids are picking recipes from the back for us to try at home, so i think there's a good chance i'll see more improvement.0 of 1 people found the following review helpful. My neighbor has serious conditions which call for radical changes ...By Joyce HillMy neighbor has serious conditions which call for radical changes in diet. This book assisted my husband to live 8

years longer than expected in the past, so I was compelled to purchase the book for the neighbor and his family. With this book you can keep up with the sodium counts along with others and find recipes to give taste to the food without salt. This book along with prayer can extend life!

Provides more than three hundred heart-smart recipes that range from favorite American classics to vegetarian and ethnic dishes, and incorporates the latest information on heart disease and diet. More than ten years ago, a team of heart specialists and dietitians at Baylor College of Medicine and The Methodist Hospital in Houston, Texas, created the Living Heart Diet for their patients. Their best-selling book explained the relationship between nutrition and heart disease and helped change America's eating habits. Updated and completely revised, The New Living Heart Diet incorporates the latest information on how to minimize your risk factors for coronary heart disease and reflects changes in our tastes and eating habits. Drawing on recent research in health and nutrition, the New Living Heart Diet helps you make food and lifestyle choices to control blood cholesterol and triglyceride levels, blood pressure, weight, and diabetes. It clarifies information about vitamins and minerals, interprets the new nutrition labels, and explains how to select among the array of foods in supermarkets. Also included is a special chapter on vegetarian eating. More than 300 new or revised recipes—along with breakfast, lunch, dinner, and holiday menus—are provided to make healthy cooking and eating convenient. The recipes and menus have easy-to-understand nutrient analyses and feature traditional American as well as international dishes. From the detailed guides for selecting food when eating out to the comprehensive tables describing the nutrient content of common foods, the New Living Heart Diet makes it easy for readers to enjoy delicious, healthy eating every day. “...includes the latest information on how to minimize risk factors for coronary heart diseases, clarifies information about vitamins and minerals, interprets the new nutrition labels, explains how to select proper food.”

From Publishers Weekly Completely revised since its bestselling original 1984 edition, this cookbook from a team of heart specialists at Baylor College of Medicine in Texas includes new information about risk factors for coronary heart disease and the most recent dietary recommendations for preventing it. The first half relates such health considerations as cholesterol, diabetes and blood pressure to diet; menus and 300-plus recipes with complete nutritional analyses constitute the second half. The dense format and even-tone prose detract from the book's value and diminish the potential impact of fresh data, e.g., a diet that is low in fat (30% or less of the total daily calorie intake), saturated fat and cholesterol but that contains lean beef lowers blood cholesterol as effectively as a diet free of red meat. This workmanlike approach will help readers make changes for a more healthful diet, but in recent years, others have come up with more appetizing, interesting low-fat fare. Copyright 1995 Reed Business Information, Inc. From the Back Cover More than ten years ago, a team of heart specialists and dietitians at Baylor College of Medicine and The Methodist Hospital in Houston, Texas, created the Living Heart Diet for their patients. Their best-selling book explained the relationship between nutrition and heart disease and helped change America's eating habits. Updated and completely revised, The New Living Heart Diet incorporates the latest information on how to minimize your risk factors for coronary heart disease and reflects changes in our tastes and eating habits. Drawing on recent research in health and nutrition, the New Living Heart Diet helps you make food and lifestyle choices to control blood cholesterol and triglyceride levels, blood pressure, weight, and diabetes. It clarifies information about vitamins and minerals, interprets the new nutrition labels, and explains how to select among the array of foods in supermarkets. Also included is a special chapter on vegetarian eating. More than 300 new or revised recipes - along with breakfast, lunch, dinner, and holiday menus - are provided to make healthy cooking and eating convenient. The recipes and menus have easy-to-understand nutrient analyses and feature traditional American as well as international dishes. From the detailed guides for selecting food when eating out to the comprehensive tables describing the nutrient content of common foods, the New Living Heart Diet makes it easy for readers to enjoy delicious, healthy eating every day.