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Cholesterol Control 3-Week Plan Handbook and Cookbook

Edward Krimmel, Patricia Krimmel

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The first section of this guide discusses every aspect of lipids (fats) and how to control blood cholesterol levels. A simple three-week plan offers strategies for initial cholesterol control, along with suggestions for food shopping, meal planning, and food preparation. The second half puts that discussion into practice with delicious, easily prepared low-fat recipes. This updated and expanded guide to understanding and reducing cholesterol also includes a new chapter on the cholesterol concerns of children and adolescents and 33 black-and-white illustrations and charts.

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