

Chapter 1 : 40+ Low Cholesterol Crock-Pot Recipes - Crock-Pot Ladies

Low-Cholesterol Recipes More than 2, low-cholesterol recipes, including snacks and dinner ideas. Eat a lower-cholesterol dinner tonight!

Cholesterol levels Cholesterol problems are usually associated with high cholesterol. Cholesterol, a fatty substance, can clog your arteries and potentially cause a heart attack or stroke by interfering with blood flow through the affected artery. However, this is much less common than high cholesterol. High cholesterol is strongly associated with heart disease, but low cholesterol may be a factor in other medical conditions, such as cancer, depression, and anxiety. How can cholesterol affect so many aspects of your health? First, you need to understand what cholesterol is and how it functions in your body. What exactly is cholesterol? Despite its association with health problems, cholesterol is something the body needs. Cholesterol is necessary to make certain hormones. Cholesterol also plays a role in making some of the substances required to digest food. Cholesterol travels in the blood in the form of lipoproteins, which are tiny molecules of fat wrapped in protein. There are two major types of cholesterol: From the liver, the excess LDL cholesterol is removed from the body. The liver plays another key role in cholesterol. Most of your cholesterol is made in your liver. The rest comes from the food you eat. Dietary cholesterol is found only in animal food sources, such as eggs, meat, and poultry. What are the dangers of low cholesterol? High LDL levels may be lowered by medications, such as statins, as well as regular exercise and a healthy diet. In fact, lower cholesterol is better than high cholesterol most of the time. While the exact effects of low cholesterol on health are still being studied, researchers are concerned about how low cholesterol appears to negatively affect mental health. An Duke University study of healthy young women found that those with low cholesterol were more likely to have symptoms of depression and anxiety. Researchers suggest that because cholesterol is involved in making hormones and vitamin D, low levels may affect the health of your brain. Vitamin D is important for cell growth. A study presented at the American College of Cardiology Scientific Sessions found a possible relationship between low cholesterol and cancer risk. The process that affects cholesterol levels could affect cancer, but more research is needed on the topic. One other concern about low cholesterol involves women who may become pregnant. If you tend to have low cholesterol, talk with your doctor about what you should do in this case. Symptoms of low cholesterol For people with high LDL cholesterol, there are often no symptoms until a heart attack or stroke occurs. Depression and anxiety can spring from many causes, including possibly low cholesterol. Symptoms of depression and anxiety include:

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Check out our collection of simple recipes that are big on flavor and low on saturated fat.

Cooking Tasty Low Cholesterol Recipes When people hear the words low fat and low cholesterol recipes, they may also think no taste. However, there are many favorite recipes that can be changed to low cholesterol by making a few simple substitutions of ingredients. Also, gradual changes in meal planning can increase the number of cholesterol lowering recipes used during the week. Preparation is the key to any meal, and it is also one of the keys to making a healthier recipe. Simple substitutions in the preparation of the recipe can be made for some of the ingredients, and this will not sacrifice any of the taste. For example, butter is an animal fat. Therefore when baking, ingredients such as one cup of butter, oil, or shortening can be substituted for one cup of applesauce. When this change is made with cakes, muffins, and other recipes it leads to a healthier treat that has not lost its flavor. When sauteing vegetables, another change that can be made is to use extra virgin olive oil instead of butter. Spices and herbs are excellent substitutions for salt. Many people have found that by experimenting with spices and herbs in their cooking the result has been even tastier than before. Many have followed these substitutions and have enjoyed tasty guilt-free meals. For the meat lover, it may be difficult to think of a meal as complete without meat. However, adding one meal a week with no meat can lower fat intake and up soluble fiber intake. Many have found using tofu and beans as the centerpiece of the meal has helped them accomplish this goal. Beans are high in fiber and are beneficial because they help to slow the absorption rate of cholesterol in the body. Many delicious recipes can be prepared using lean cuts of meats. Round and sirloin are examples of lean cuts of beef. Tenderloin and chops are examples of lean cuts of pork. If any fat is visible on the meat, remove it and the skin before cooking. The cooking method can play a role in making the recipe heart friendly. Many have baked, grilled, or broiled meat instead of frying. Most people know the value of vegetables in their diet. Vegetable intake can be as much as five servings a day. The variety of vegetables gives ones plenty of options. People who do not limit themselves try different ones until they find what they really like. Also many add to their recipes of vegetables dry and fresh herbs such as rosemary, basil, or oregano, and have found these to make a tasty side dish that helps them lower cholesterol. Many have found that their favorite recipes can be altered to help lower cholesterol. For some, it may require having an open mind to try some of the suggestions mentioned above. However, the benefit is worth the effort when favorite foods can still be enjoyed with heart healthy recipes. Vegetarian Taco Recipe with Homemade Salsa and Guacamole Quick and easy to prepare, this unique, copious and colorful tex-mex dish is low in saturated fats but rich in flavors. This great vegetarian recipe makes you benefit from all the assets of vegetables, especially their richness in potassium. In addition, you will enjoy the benefits of avocado on your cholesterol level with guacamole.

Chapter 3 : Low Cholesterol Recipes - Cooking Healthy and Tasty

Recipes for Cholesterol Management Updated:Jul 5, Discover how easy it is to avoid excess saturated and trans fat while enjoying mouth-watering dishes.

Chapter 4 : Cholesterol-friendly recipes | BBC Good Food

Enjoy hundreds of heart-healthy recipes that are low in cholesterol but high in flavor.

Chapter 5 : Low-Cholesterol Dinner Recipes - EatingWell

Quick & Easy Low-Cholesterol Recipes Quick & Easy Low-Cholesterol Recipes Find healthy, delicious quick and easy low-cholesterol recipes, from the food and nutrition experts at EatingWell.

Chapter 6 : Low Cholesterol Recipes

Olive oil's high level of monounsaturated fat may help lower blood cholesterol. Also, some antioxidants in extra virgin olive oil can boost HDL (good) cholesterol and may lower triglycerides. Bake this easy pasta dish using 1/4 cup of extra virgin olive oil.

Chapter 7 : Low-Cholesterol Recipes - www.nxgvision.com

First things first: Your body needs cholesterol to function. But it becomes a problem when it builds up in your artery walls, putting you at risk for heart disease and stroke. We talked to registered dietitian Carol Meerschaert to get advice on what to look for in low-cholesterol recipes.

Chapter 8 : Low Cholesterol Recipes Apk Download for Android

Low-cholesterol, flavor-packed dishes Image zoom Eating a healthy diet doesn't mean the end of taste€”just check out this collection of delicious low-cholesterol recipes.

Chapter 9 : Lower cholesterol recipes

Low Cholesterol Crock-Pot Recipes. Taking care of your heart is important and watching your cholesterol levels is important for promoting heart health. Due to the high level of cholesterol in the average American diet, the USDA has put out guidelines that suggest that you should aim mg or less of cholesterol per day.