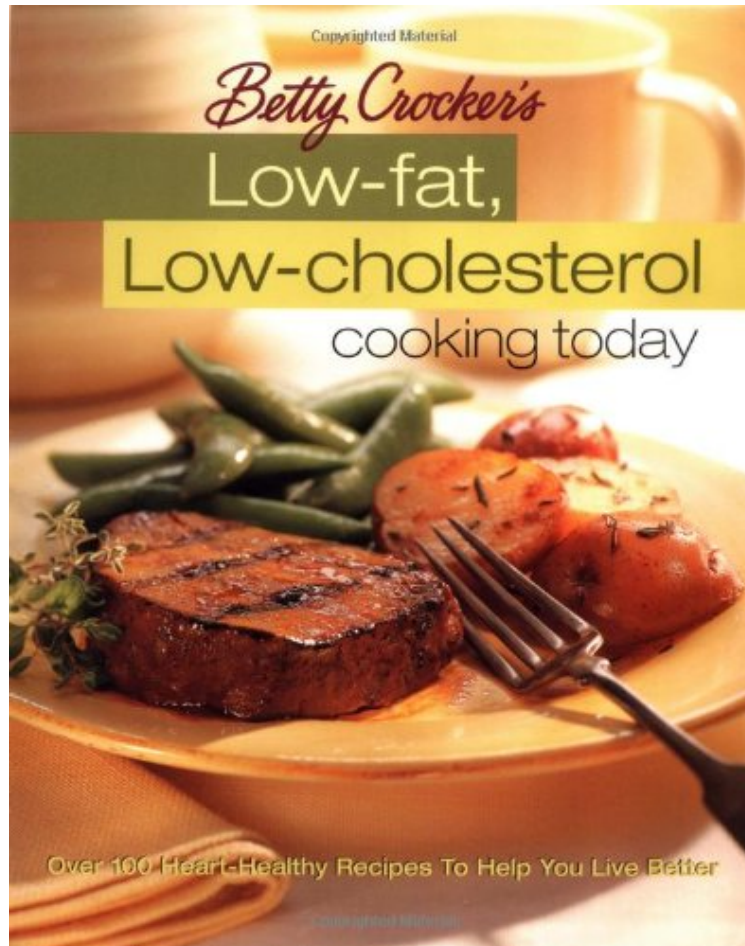


[FREE] Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking)

## Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking)

Betty Crocker

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#961746 in Books 2000-02-03 2000-02-17Original language:EnglishPDF # 1 10.30 x .72 x 8.201, 2.09 #File Name: 0028637623256 pages | File size: 23.Mb

**Betty Crocker : Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today (Betty Crocker Cooking):

0 of 0 people found the following review helpful. Recipe Book to lower fat and cholesterolBy StanzaladyThis recipe book has some good information on health facts from calories to a food pyramid, talks about dietary guidelines and nutrition facts which I like. It also has menus in here that can help you with diets for Breakfast, lunch, dinner and snack. Each recipe tells you the nutrition information and calories and at the back of the book it has the calorie, fat and cholesterol content of selected food and a substitution chart and more. All that I liked.The recipes are not written that well they list out the ingredients you add and some writing on the side that really does not step you through how to add the ingredient. I made the Campfire Mesquite Beef Bean recipe which I think it required too much water to be added,

the taste was really good but it was just not as thick as I felt it should be so next time I will be reducing the water to add and see if it turns out better. I would say if your a good cook and just need some recipes to help you make dishes to help you reduce fat and lower your cholesterol and you don't need a lot of direction this book would work. If you need step by step instructions along with pictures this book is not for you. It only has some pictures, but it does have some good information.0 of 0 people found the following review helpful. Good but needs more spiceBy S. L. MontagIt's difficult to go wrong with Betty, but somehow this cookbook is lacking in her usual products. I'm not sure where the fault lies, since the recipes are easy to put together and for the most part use ingredients usually found in the average kitchen, just that they were kind of (dare I say it?) boring. Not bad or anything, just kind of lackluster.1 of 1 people found the following review helpful. Healthy doesn't necessarily mean disgustingBy rjjohnsonI bought this because I recently had some medical issues that have made it virtually impossible to eat "normally" - I can't have more than 10 grams of fat per meal, and I am also trying to watch carb intake, so that really limits what I can and can't have. I fully expected it to be full of "low fat" or "fat free" etc products that are mostly chemicals. I was pleasantly surprised to find that wasn't necessarily the case.The recipes are easy to follow and use ingredients that most people will have at home if they cook regularly. I tweak a lot of recipes because I can be a very picky eater, but I haven't found many that I have felt the need to drastically alter. If you buy this, I do not think you will be disappointed! I would definitely recommend this to those who are just starting to try to cut back on fat and cholesterol.

Everyone's favorite cooking expert Betty Crocker has completely revised and updated the perennial favorite, Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today, with updated information about fat and cholesterol, and lots of easy-to-understand tips for establishing a healthy eating lifestyle. But with Betty Crocker it can't only be easy--it has to be delicious. And true-to-form, 120 recipes prove that healthful eating can also be enjoyed by the whole family. With Betty Crocker, low-fat and low-cholesterol eating is a snap!

.com Betty Crocker is on the health bandwagon. Not one for fads, Betty sensibly bases this 175-recipe cookbook on the Food Guide Pyramid guidelines recommended by the American Heart Association and many other medical and nutrition professional organizations. You learn tips for cutting down on fat and cholesterol, understanding the different kinds of fat, and making smart food choices for heart health. The idea is to reduce fat by making ingredient substitutions and small alterations, but not making drastic changes. The recipes are varied and creative and don't resemble "diet food": Ginger Shrimp Kabobs, Vegetable Potstickers, Stuffed Veal Chops with Cider Sauce, Vegetable and Ham Jambalaya, Curried Chicken and Nectarines, Caribbean Fish Salad, and Thai Shrimp and Rice Noodle Nests. The desserts include Chocolate Swirl Cheesecake with Raspberry Topping (only 20 percent fat!), Blueberry-Lime Torte (about 15 percent fat), and Double Chocolate-Date Cake (about 25 percent fat). Recipes are labeled with symbols indicating "low-calorie," "low-fat," "moderate-fat," "low-cholesterol," and "moderate-cholesterol," so you can choose how far you want to go. Each recipe has a hefty amount of nutritional information: calories, fat, saturated fat, cholesterol, carbohydrate, fiber, protein, vitamins A and C, calcium, iron, and diet exchanges. Cooks who love knowing what the dishes should look like will enjoy the 45 mouth-watering color photos. --Joan Price Both fat and calories should be controlled, not eliminated entirely, in a healthy diet: here an updated edition of the Betty Crocker bestseller provides revised, revitalized recipes which emphasize low fat and cholesterol dishes. From Apple-Cheese Oven Pancakes and Bakes Chili in Polenta Crust to Soft Turkey Tacos with Spicy Sauce, this is packed with satisfying dishes. -- Midwest Book From the Inside FlapBetty Crocker's Low-fat, Low-cholesterol cooking today Do you want to eat a healthy diet, but don't want to give up on taste? Looking for the latest information on fat and cholesterol? Well look no further, because Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today tells you everything you need to know, from technical information on fat and cholesterol in foods, to what they mean for your health. These easy-to-prepare recipes are all designed with the new health consciousness in mind. But with Betty Crocker it can't only be simple to makemdash;it has to taste great. And true-to-form, 120 recipes prove that healthy eating can be enjoyed by the whole family. Chapters cover everything from Snacks Appetizers to Desserts, and with a chapter dedicated to Meatless Main Dishes, this book reflects today's changing eating styles. Over 50 full-color food photographs throughout the book feature some of the tantalizing dishes within, and 16 how-to photographs take readers by the hand to walk them through some of the preparation steps. An intro section features easy tips for cutting down on fat and cholesterol, and important information about why it makes sense to be conscious of fat and cholesterol in your diet. Appendices include weekly menus, complete with calorie, fat and cholesterol content, plus a complete calorie, fat and cholesterol content chart so that readers can learn about their favorite foods. Once again, Betty Crocker proves that low-fat and low-cholesterol eating can be as easy as it is delicious! Visit Betty Crocker on-line at [www.bettycrocker.com](http://www.bettycrocker.com) and IDG Books on-line at [www.idgbooks.com](http://www.idgbooks.com)