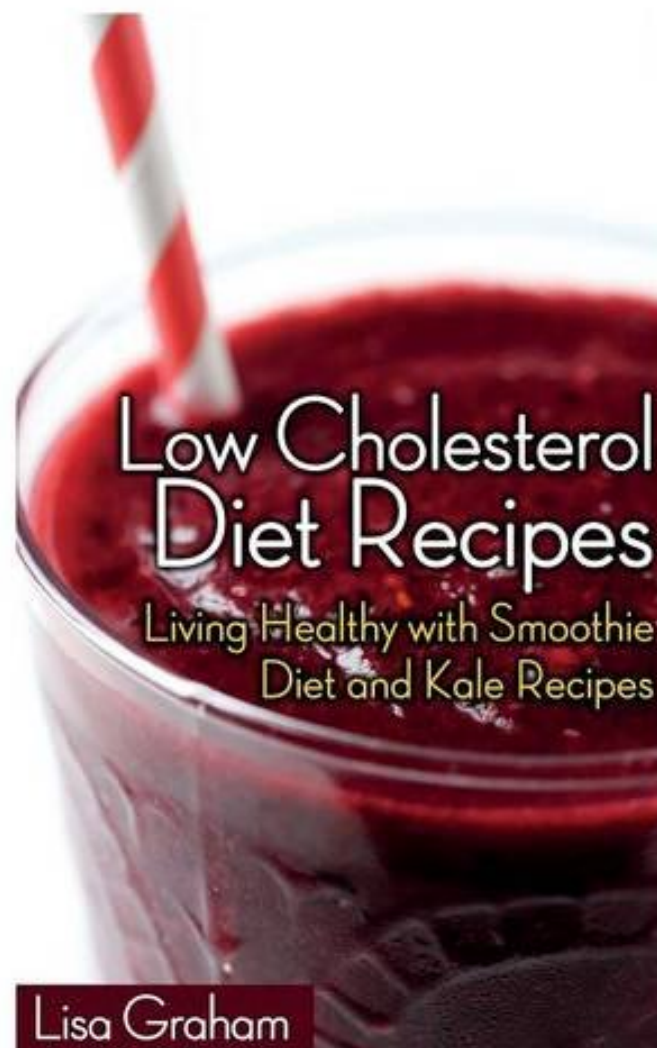


Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes

Lisa Graham

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Lisa Graham : Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes:

0 of 0 people found the following review helpful. ? Great Kale Cookbook ? But a Word of Caution ?By DeeDeepFirst off, before even starting this review, I'm bothered that the author does not start the book out with a "Medical Alert

about Kale" The author did a Great Job of relating all the numerous health benefits of Kale. However, she should have made a notation somewhere that If you have Thyroid Disease or take Thyroid Medications, you have to limit your intake of Kale, as well as other vegetables in that family (broccoli, cabbage etc.) WHY? Because they're Goitrogenic. They can cause Hypothyroidism or interfere with your medications. If you have a normal working thyroid gland, you shouldn't have a problem. If the vegetables are COOKED, they are less toxic. They are the most dangerous to a thyroid patient, if they are RAW and put in a blender (as when you make a SMOOTHIE) That is because the oils are released, making it several times more potent. Again, if you have a "Normal" thyroid, No Problem. If you don't and you're ingesting several of these smoothies a day (and some people do), "Problem" So, even if you do have thyroid problems, which I do, you can still have an "Occasional Kale Smoothie", As long as Kale is Cooked, this is almost negligible. The Cookbook has plenty of Cooked Recipes anyway and that's usually how I fix it. So, here's my take on the recipes. I know Kale Quiche is good, because I make that sometimes, I've included a few of the recipes below that looked appetizing. I actually liked the recipes and would have given the book a 5 star rating, but thought she should have included all the clinical information on Kale, Good Bad. I recommend the book. Thank you for reading my review.

Kale Slaw with Peanut Dressing
Sri Lanka Kale Coconut Soup
Sesame Noodle Kale Soup
Risotto Kale Salad
Kale Salad with Parmesan, Avocado and Apricots
Kale Scallion Fried Rice
Kale with Steamed Halibut and Walnuts
Garlic Roasted Kale
Coconut Chocolate Kale Chips
Spicy Banana Smoothie
Vegetarian Lasagna with Kale
White Bean soup with Chorizo and Kale
Cajun Chicken Skillet with Kale
Zucchini Orange Smoothie
Pomegranate Smoothie
Hot Chocolate Dessert Smoothie
Sweet Banana Nut Smoothie
Gingered Veggie Fruit Smoothie
Avocado Maple Smoothie

0 of 0 people found the following review helpful. Two great diets to try for weight loss, lowering cholesterol, and health in general
By Burns Well
This book is about lowering cholesterol with the kale superfood diet and the smoothie diet. The first section discusses the kale superfood diet. Superfoods are foods containing fiber and a wide variety of nutrients, and consist mostly of plants. The fiber keeps you full, and the other nutrients, which include antioxidants, vitamins, and other phytochemicals, perform a wide variety of tasks that keep you healthy, from preventing cancer to improving heart health. Superfoods like kale do more than just make you lose weight. According to its nutrition facts, which can be found at nutritiondata.self.com, kale contains a lot of protein and has a very balanced amino acid profile. That means that kale gives you the essential amino acids in the correct balance that you need. And eating a certain amount of balanced protein gives you more of the protein you need than the same amount of an unbalanced protein. In other words, kale is an excellent source of protein, one of the most essential nutrients. Protein cannot be stored and thus must be eaten daily. In terms of vitamins, Kale contains a lot of vitamin C and vitamin K, which is important for blood clotting. Kale is also a great source of certain minerals, particularly manganese. It is also high in copper, calcium, iron, and magnesium. The second part of this book discusses the smoothie diet. The smoothie diet is about eating large amounts of fresh fruit and vegetables, because pureeing them makes it possible to drink them quickly, rather than doing a lot of chewing. Fresh fruits and vegetables contain all kinds of important nutrients, including vitamins, minerals, and cancer-fighting phytochemicals. It's a well-known fact that fruits and vegetables are the healthiest thing you can eat. And they don't have a lot of calories either. Drinking smoothies allows you to consume large amounts of healthy food, and feel full without all the calories. This is a great diet for losing weight and maintaining health. This book has a wide variety of kale recipes from breakfasts to dinners to desserts. It also provides an enormous selection of smoothie recipes. If you're interested in trying either of these two diets, this book is a great choice. I received this book at a discount in exchange for my honest and unbiased review.

0 of 0 people found the following review helpful. I have always loved learning about healthy eating and am always fascinated at ...
By Patience2016
I have always loved learning about healthy eating and am always fascinated at how people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet
I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults

demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality. Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful.

- Eat your veggies and fruits and switch to whole grains. An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.
- Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sauteed in a small amount of canola oil.
- Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
- Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.
- Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.

I received this book for free in place of an honest review.

Low Cholesterol Diet Recipes: Living Healthy with Smoothie Diet and Kale Recipes Learn the wonders of one amazing vegetable that will make your low cholesterol diet easy to follow. The recipes found in this book, show how this Super Food, known to some as Kale, is much more versatile than ever imagined. Used in healthy recipes for dinner, along with other nutritional foods, you will find very little that kale is not capable of. The little respected leafy, green vegetable, is much more than an aesthetic outline for a plate of tuna or chicken salad. Learn of the kale history, how important it is to the human body, and the many benefits it holds in providing vitamins, minerals, and antioxidants. Considered to be the mother of all super foods, it can easily be included in everything from salads to desserts.