The standard American diet is a major factor in the development of arterial disease in our population. This book offers insight into the rationale behind a modified fat diet and proposes techniques for modifying the total fat content and types of fat in the American diet. Topics include: reducing saturated fat and cholesterol intake; suggested changes in the American diet; and sample menus. A large collection of recipes is provided.
Looking for healthy low fat recipes? Our low fat meals contain less than 8g fat (many under 5g fat). Try our healthy dinner recipes for a low fat diet. Cutting out saturated fats can lower your cholesterol, so we have found the best low fat recipes to help. From fragrant broths to hearty tuna steaks, healthy curry recipes to low fat lasagne, try our low fat meals for healthy dinner recipes on a low fat diet. We also have some low fat breakfast recipes in this article, and more low calorie breakfast ideas here.

Ingredients. Black rice has a higher nutritional value than white rice, and the same amount of fibre as brown. Try it in our Asian prawn black rice salad, low in fat with only 5.4g per portion. Moroccan veg and chickpea tagine. Looking to lower your cholesterol? Follow these expert tips on how to use fats and oils in low-cholesterol cooking. Whatever method you choose, the result is the same: less saturated and trans fat in your foods. Here are some healthy swaps for low-cholesterol cooking from our nutrition experts:

Instead of: Try:
1 cup sour cream 1 cup low-fat Greek-style yogurt.
1 Tbsp. butter (for sauteing) 1 tsp. butter + 1 1/2 tsp. canola or any vegetable oil.
1/2 cup butter (in quick bread) 1/2 cup canola or vegetable oil.