The Stanford life plan for a healthy heart: the Stanford 25 gram plan plus over 200 low-fat recipes from the world-renowned Stanford University Medical Center [1996]

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Abstract
Describes the Stanford 25 gram plan, which is a guideline for controlling saturated fat in the diet. Includes over 200 tasty, low-fat recipes, as well as a self-assessment risk questionnaire, a complete food-shopping and restaurant fat-tracking guide, food and lifestyle quizzes, and information from the doctors and dietitians at Stanford. Covers such topics as the link between diet, lifestyle, and good health; the differences in heart disease as it affects men and women; dietary recommendations for children; and a strategy for reversing heart disease

Other subjects
- teneur en lipides
- cardiopathie
- regime alimentaire therapeutique
- dieta terapeutica
- contenido de lipidos

Other information
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A healthy heart guide creates a revolutionary low-fat diet that utilizes only twenty-five grams of fat, provides tips on low-fat cooking, includes a self-assessment risk questionnaire, and furnishes more than two hundred low-fat recipes. 50,000 first printing. $50,000 ad/promo. Tour. IP. Reviews of the The Stanford Life Plan for a Healthy Heart by Chronicle Books LLC Staff. Legend 33 Authored by a food writer and teacher, Helen Cassidy Page, a cardiovascular specialist, John Speer Schroeder, M.D., and a registered dietician, Tara Coghlin Dickson, M.S., R.D., this book offers a simple health pl... A Duke University study that followed 252 people for 25 years concluded that frequent sex “was a significant predictor of longevity” for men. Istock. Marriage is good for the heart in more ways than one. 5. Get (or stay) hitched. Marriage truly is good for your health — and your longevity. The prestigious Framingham Offspring Study found that married men had a 46 percent lower risk of death than never-married men, in part due to marriage’s well-known impact on heart health. Indeed, a 2014 study by New York University’s Langone Medical Center found that married men and women had a 5 percent lower risk of cardiovascular disease.