



The New Good Fat Bad Fat: Lower Your Cholesterol and Reduce Your Odds of a Heart Attack

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You can greatly reduce your risk of developing heart disease or having a heart attack by keeping track of how much bad fat-saturated fat you eat everyday. Bad fat causes your body to manufacture cholesterol, which plugs your coronary arteries with fatty deposits and causes heart attacks. Most of us eat too much bad fat. And so do our children and grandchildren. But if you can count to 10, you can follow a simple plan to reduce the risk of heart attacks in your family. Drs. Castelli and Griffin have filled this book with helpful tips and encouraging advice that will help you make the change to healthier eating. For those whose cholesterol levels aren't moved by changes in diet alone, the doctors discuss the pros and cons cholesterol-lowering medications.

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