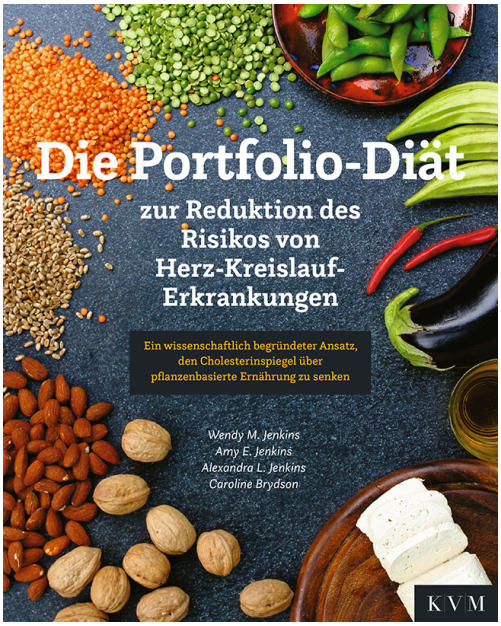
QUINTESSENCE PUBLISHING
AUSTRALIA & NEW ZEALAND



Edition:	1st Edition 2022
pages:	304
Images:	40
Cover:	Softcover, 19,2 x 24 cm
ISBN:	978-3-86867-531-3
Published:	January 2022

QuintEd Pty Ltd

Suite 2/38 Albany St
NSW 2065 St Leonards
Australia

+61 434521025

admin@quinted.com.au

https://www.quintessence-publishing.com/anz/en

Book information

Authors: Wendy M. Jenkins / Amy E. Jenkins / Alexandra L. Jenkins / Caroline Brydson

Title: Die Portfolio-Diät

Subtitle: An Evidence Based Approach to Lower Cholesterol through Plant Food Consumption

Short text:

The Portfolio Diet for Cardiovascular Disease Risk Reduction: An Evidence Based Approach to Lower Cholesterol through Plant Food Consumption examines the science of this recommended dietary approach to reduce cholesterol in addition to other risk factors for cardiovascular disease. With a thorough examination into the scientific rationale for the use of this diet, discussions are included on the experimental findings both for the diet as a whole, and its four principle food components: nuts and seeds, plant based protein, viscous fibers, and plant-sterol-enriched foods. Environmental and ethical considerations of the diet are also discussed, showing the ramifications of food choice on health and beyond. Referenced with data from the latest relevant publications and enhanced with practical details (including tips, dishes, and menus), the reader is enabled to meet the goals of cholesterol lowering and cardiovascular disease risk reduction while also taking the health of the planet into consideration.

Key Features

- Provides the scientific basis for the selection of the foods included in the Dietary Portfolio and the experimental evidence demonstrating cholesterol lowering and cardiovascular risk factor reduction.
- Provides an understanding of the current guidelines for lowering cholesterol and other risk factors of cardiovascular disease, explaining how the Dietary Portfolio effects these components and compares to other diet based approaches.
- Provides a holistic view of the Dietary Portfolio by investigating issues of sustainability and ethics in the food system.
- Allows readers to acquire the skills to successfully construct a potent cholesterol-lowering diet.
- Includes tips, recipes and meal planning aids

Categories: Guide Health & Medical Science