



The New American Diet System

Sonja L. Conner, William E. Conner

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In their breakthrough book, *The New American Diet*, the Connors developed a low-fat, low-cholesterol diet that dramatically reduces the risk of heart disease, cancer, stroke, and high blood pressure. Now, the overwhelming amount of products and information about cholesterol can be confusing.

The New American Diet System takes us to the next step, providing a unique system that simplifies food choices for people with high cholesterol. Since both saturated fat and cholesterol in foods increase cholesterol in the blood, the Connors developed the CSI -- the Cholesterol-Saturated Fat Index -- the only complete measure of the true heart-healthiness of foods.

This indispensable reference:

- makes food choices as simple as choosing from 1 to 10 (the lower the CSI, the better)
- provides easy-to-read charts rating hundreds of foods -- including many brand-name products
- eliminates confusion about high-fat, low-cholesterol foods (such as tropical oils) and low-fat, high-cholesterol foods (like shellfish)
- offers more than 300 recipes for tasty, low-CSI versions of your favorite dishes as well as suggested menus
- helps you compute your own CSI so you can set new dietary goals.

A straightforward, comprehensive resource for anyone with high cholesterol, or anyone concerned about dietary fat, *The New American Diet System* is an essential part of every cholesterol-conscious kitchen.

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