



# **Cocina Anticolesterol. 100 recetas exquisitas dulces y saladas (Spanish Edition)**

*José Manuel Gidón*

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El colesterol es un fenómeno que preocupa a millones de personas en el mundo. Sólo en la Argentina, el colesterol alto afecta a más del 50% de los adultos. Si bien una cierta cantidad de colesterol en la sangre es esencial para la salud, demasiado puede ser dañino porque el exceso podría adherirse y acumularse en las paredes interiores de las arterias. Y, así, la sangre ya no tendría el mismo espacio para circular. La consecuencia, entonces, es la disminución del flujo de sangre y de oxígeno que llega al corazón. Si bien las causas del colesterol son varias: la predisposición genética, la obesidad o la existencia de otras enfermedades como la diabetes; es indudable que la dieta diaria puede ser una de las principales y, también, una herramienta fundamental para prevenirlo y tratarlo. Las recetas que incluye este volumen se proponen ser parte de un plan de opciones culinarias posibles de ser incorporadas en una dieta sin colesterol, para que no se ausente la variedad y, siempre, sobren placer y delicia en la cocina.

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