

Title:

Be Heart Healthy The Plant-Based Way

Word Count:

794

Summary:

How a vegetarian lifestyle is good for your heart

Keywords:

vegetarian, vegetarian cooking, heart healthy diet, benefits of vegetarian living

Article Body:

All diets designed to promote heart health are low in fat and cholesterol and high in fiber. V

The following guidelines from www.d-vegetarian.com are recommended for cooking heart-healthy v

Sauté foods in water or very small amounts of olive or canola oil. Olive and canola oils are o

Since egg yolks are high in cholesterol, whole eggs can often be replaced with bananas, tofu,

When shopping for ingredients for heart-healthy meals, buy plenty of fruits, vegetables, whole

Fiber helps to cleanse the blood of cholesterol, which is why high fiber diets are considered

Eating out can be especially challenging both to vegetarians and to those concerned about hear

A vegetarian diet that includes soy products may add an extra benefit for heart health.

Many studies suggest a connection between soy, such as tofu, soymilk, and soy yogurt, and lowe

Since cholesterol is only found in food of animal origin, such as meat, eggs and dairy product

If you are interested in more specific guidelines for a heart healthy vegetarian diet, the ebo

Jen Scott is author of the successful new site www.d-vegetarian.com, dedicated to educating pe

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