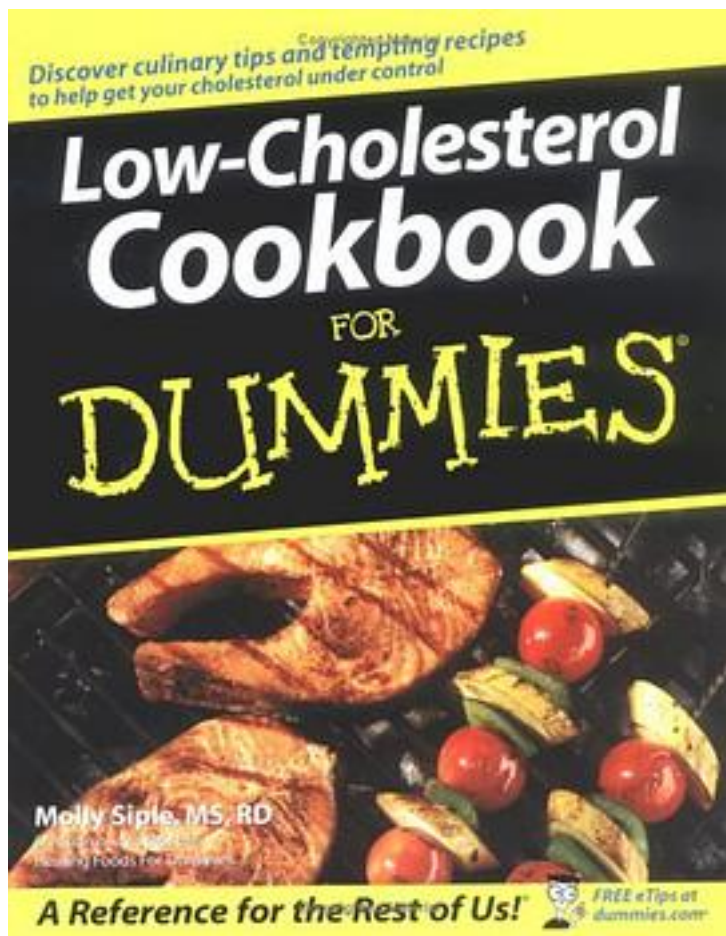


Low-Cholesterol Cookbook for Dummies



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Cook and eat your way to a healthier heart Now you really can eat to your heart's content with this easy cookbook and guide. From breakfasts to dinners, from super starters to "legal" desserts, you'll find a mouthwatering assortment of tasty and

satisfying low-cholesterol recipes you -- and your family and friends -- will love. With advice on choosing the right foods, low-cholesterol cooking techniques, and more, this book helps make heart-healthy eating a snap. Discover how to * Shop for the best food and ingredients for low-cholesterol cooking * Adapt your favorite recipes to fit your needs * Make heart-smart choices from restaurant and takeout menus * Tell the difference between "good" foods and "bad" foods

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