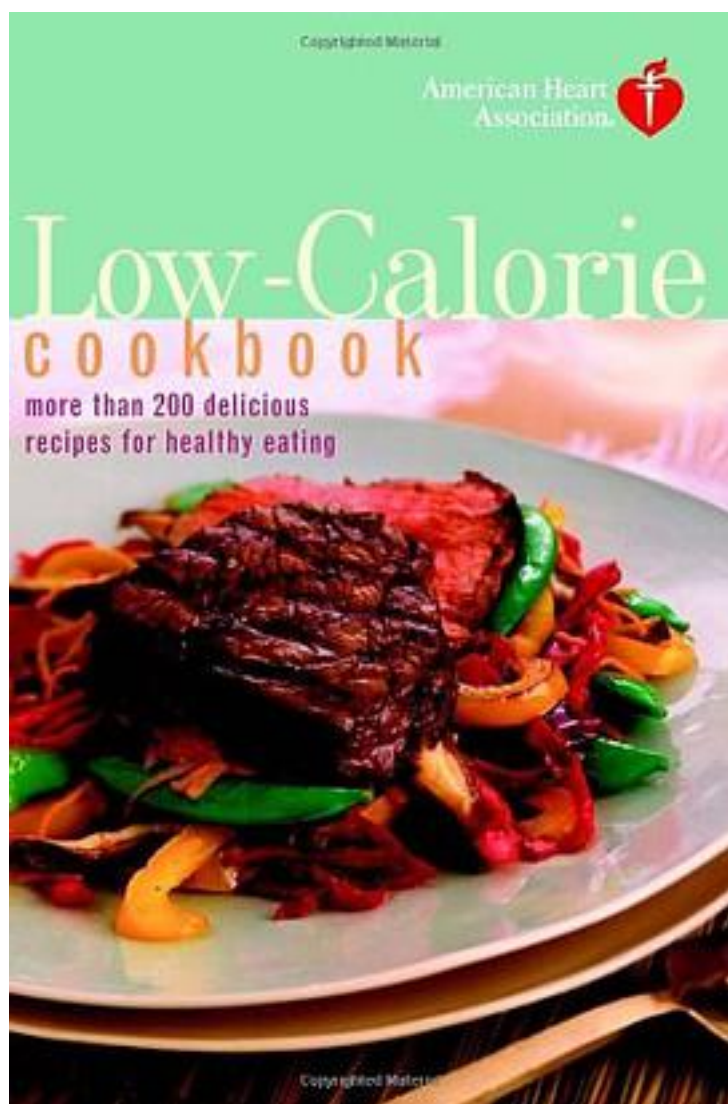


American Heart Association Low-Calorie Cookbook



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著者:American Heart Association

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Losing excess weight is one of the best ways to reduce your risk of heart disease, stroke, diabetes, and a number of other health problems. And while fad diets may come in and go out of fashion, the best and healthiest way to lose weight and keep it off is to eat fewer calories and increase your physical activity. With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may think—and with such delectable recipes to savor, you won't even feel deprived!

You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goal—without losing out on the excitement of great-tasting food.

作者介绍:

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