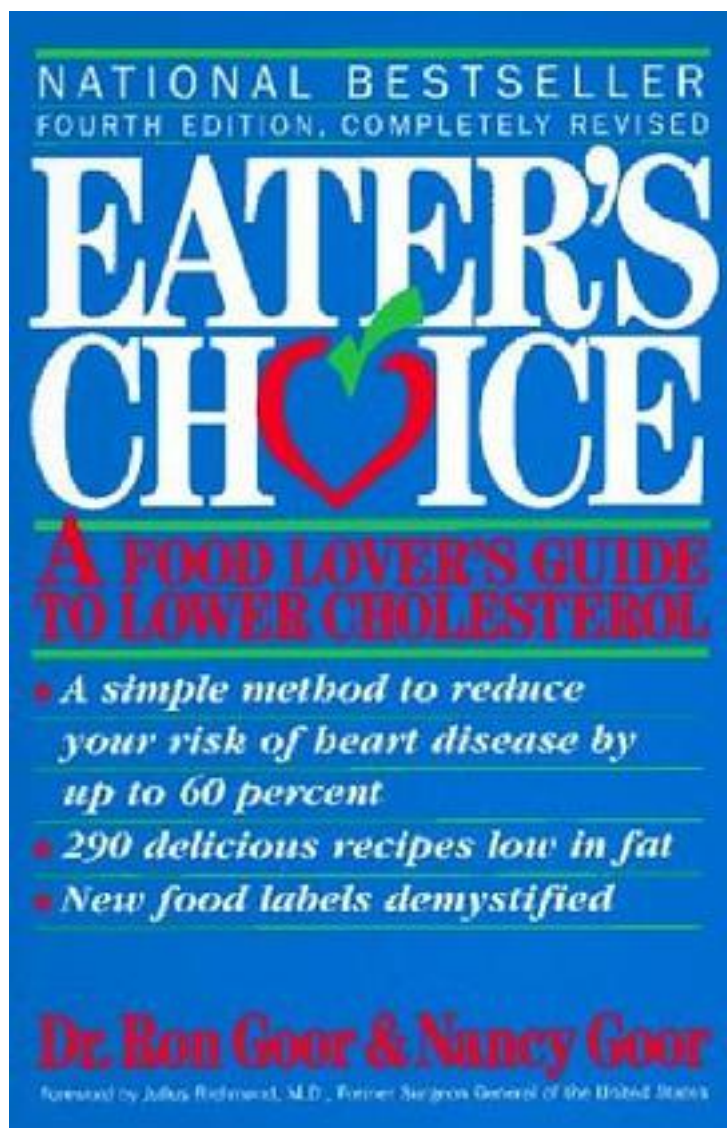


Eaters Choice



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Eater's Choice makes healthful eating a delicious and rewarding adventure! It's the choice that works for readers who choose to lower their blood cholesterol by diet, choose to lower their risk of heart disease by up to sixty percent, and choose a new world of healthy eating with 230 scrumptious, easy-to-make, and heart-healthy recipes.

Here is the clearest explanation of what your blood cholesterol number means. Eater's Choice gives you a simple and direct method for translating the latest American Heart Association and government guidelines into actual food choices. Eater's Choice teaches you the skills you need to know to make your own dietary decisions. And it's so easy- with 230 tasty recipes- including thirty new ones- two weeks of menus, a method to determine your own personalized saturated-fat budget, and extensive tables of the sat-fat contents of common foods. Whether you cook, do the food shopping, or simply enjoy good eating, Eater's Choice is for you.

Choose the Eater's Choice system and find out how delicious good health can be.

"This book is a treasure Writing style, nutritional science, health messages, basic information and recipes are all first-rate." -- Medical Self-Care
"Low-fat foods from chowders to dessert never looked so good." -- Library Journal
"My patients love the freedom and flexibility of the Eater's Choice system." -- Kathy Boyd, former Senior Nutritionist,

Johns Hopkins Lipid Research Clinic "A very useful aid for people in tailoring the American Heart Association diet to their own preferences." -- John C. LaRosa, M.D., Director,

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目录:

[Eaters Choice_下载链接1](#)

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[Eaters Choice_ 下载链接1](#)

书评

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