

American Heart Association Low-Fat, Low-Cholesterol Cookbook: More than 200 Delicious, Heart-Healthful Recipes for the W



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Now in mass market, this bestseller (which has sold more than 450, 000 copies) can reach even more of the 96 million Americans who need to lower their fat and cholesterol levels. In addition to the 200+ recipes, the book includes a clear discussion of cholesterol, easy guidelines, alternative cholesterol-lowering therapies, and specific meal plans.

作者介绍:

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