

# The Cholesterol Counter



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著者:Natow, Annette B./ Heslin, Jo-Ann (CRT)/ Nolan, Karen J., Ph.D. (CON)

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YOUR LIFESTYLE CHOICES CAN SIGNIFICANTLY IMPROVE YOUR HEALTH! Small, consistent changes in the way you eat and live can help reduce your cholesterol levels and lower your risk for heart disease, stroke, certain kinds of cancer, and dementia. Nationally known nutritionists Annette Natow and Jo-Ann Heslin explain the latest scientific research on evaluating and treating high cholesterol in terms you can understand and apply to your life right now. This totally rewritten and expanded 7th edition of The Cholesterol Counter includes:

- Cholesterol, fiber, calories, and portion sizes for more than 20,000 foods and more than 100 national and regional restaurant chains
- An individual risk-assessment quiz, plus worksheets, tables, and tips to easily keep track of your daily cholesterol intake
- The importance of fiber and cholesterol-lowering "superfoods" in your diet

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