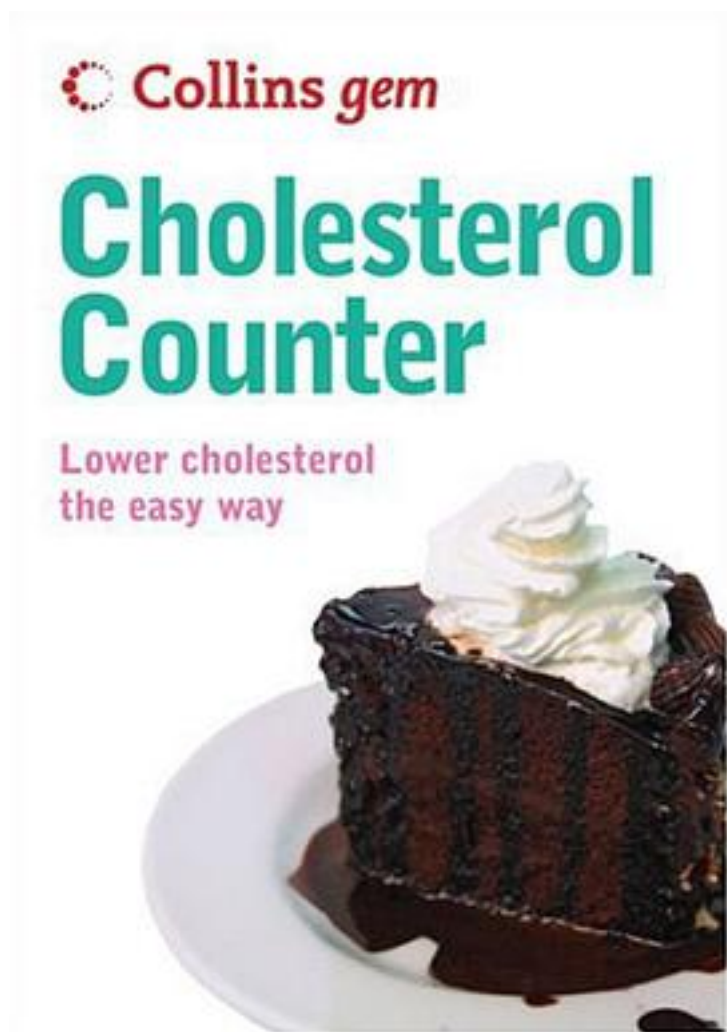


# Collins Gem – Cholesterol Counter



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With a clear introductory section on what cholesterol actually is and how you can

lower it, followed by fat and cholesterol counts for all common foods, this indispensable pocket-sized guide is the easy way to monitor cholesterol. Interspersed with interesting factoids this book dispels myths and gives practical advice on how to sensibly lower cholesterol. Factual information is clearly laid out in table format, making it quick to compare similar food products and adopt simple dietary changes to help reduce the chance of heart attacks, strokes, and blood vessel problems. This is the perfect book for those following a diet plan who have previously had a high fat intake and are looking to lower their cholesterol.

作者介绍:

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