



Cholesterol Control Cookbook: With 220 Recipes For A Healthy Diet: Expert Guidance On Low-Cholesterol, Low-Fat Eating For Weight Loss, Special Diets, And A Healthy Heart, Shown In Over 900 Photographs

Christine France

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Eating for a healthy heart means reducing saturated fat and cholesterol, and the recipes in this book have been specially created to provide a wonderful range of dishes for everyday eating.

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