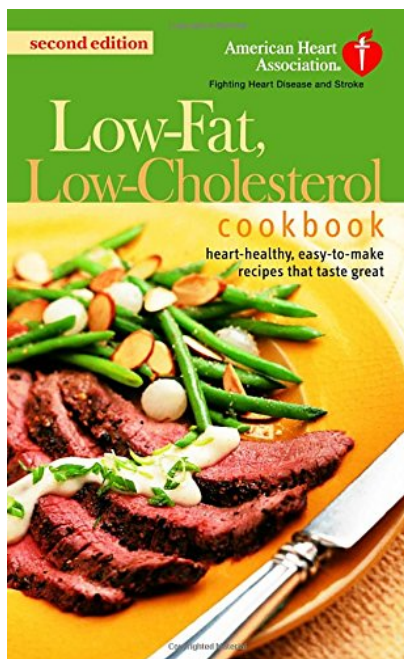


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Description :

PDF-f78bc | Maybe you want to control your weight, combat high cholesterol, or fight heart disease. Perhaps your doctor suggested a low fat diet, or perhaps you just know you should eat better.

Whatever your reason, this is the cookbook to get you moving in the right direction. The good news is that eating more healthfully isn't boring anymore; it means bringing taste, fun, and variety to what you eat. And ... *The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol*

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