



# Low-Cholesterol Cuisine

*Anne Lindsay*

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*Anne Lindsay*

## **Low-Cholesterol Cuisine** Anne Lindsay

Over 200 recipes for original, elegant, and easy-to-prepare meals that can dramatically reduce risk of heart disease and stroke. Each recipe is accompanied by cholesterol, fat, sodium, and calorie content. "Helps you make the transition from potentially dangerous dishes to healthful ones without sacrificing convenience or flavor."--USA Today. Appendices; index.

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