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Low-cholesterol Cookbook For Dummies

By Sarah Brewer, Molly Siple

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Low-cholesterol Cookbook For Dummies, Sarah Brewer, Molly Siple, In the UK, 7 out of 10 people over the age of 45 have high cholesterol levels (Bupa 2007). Although there are no clear symptoms, high cholesterol levels have been associated with heart disease and stroke - two of Britain's biggest killers. There are several factors that can cause high cholesterol; an unhealthy diet, being overweight and a lack of exercise are three of the main contenders. As a result, some of the best ways to control and reduce cholesterol levels are losing weight, eating a heart-healthy diet and taking regular exercise. Although eating healthily may sound simple, it's often difficult to know which foods to avoid when trying to lower cholesterol. Fully adapted for the UK market, Low-Cholesterol Cookbook For Dummies reveals which food you should eat and helps readers make small changes to their diet to achieve big results. Low-Cholesterol Cookbook For Dummies includes:* The latest dietary and medical information on cholesterol and how to control it* Over 90 delicious recipes as well as low fat cooking techniques and ways to lower cholesterol on a daily basis* Sensible advice...



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