



No Red Meat: More Than 300 Delicious, Low-Fat, Low-Cholesterol Recipes

Brenda Shriver

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Approximately 80 million Americans suffer from one or more forms of cardiovascular disease, the country's number one killer. A healthy diet is critical in preventing and managing this epidemic. This volume, updated to include new low-fat, low-cholesterol recipes, is a complete cookbook and dietary guide for anyone concerned with improving their health. Specifically targeted to those on special diets for reducing risk of heart attack, stroke, and obesity. And each recipe includes per-serving dietary content—for easy daily control of calories, fat, cholesterol, and sodium. Recipes are low in sodium and include seasoning suggestions for adding flavor to salt-free foods. With informational charts on fish and poultry, menu ideas, and many other helpful hints.



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