



Low-Cholesterol Cookbook For Dummies

Molly Siple

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Cook and eat your way to a healthier heart!

Now you really can eat to your heart's content with this easy cookbook and guide. From breakfasts to dinners, from super starters to "legal" desserts, you'll find a mouthwatering assortment of tasty and satisfying low-cholesterol recipes you -- and your family and friends -- will love. With advice on choosing the right foods, low-cholesterol cooking techniques, and more, this book helps make heart-healthy eating a snap.

Discover how to

- * Shop for the best food and ingredients for low-cholesterol cooking
- * Adapt your favorite recipes to fit your needs
- * Make heart-smart choices from restaurant and takeout menus
- * Tell the difference between "good" foods and "bad" foods

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John Bledsoe:

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Griselda Gonzalez:

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