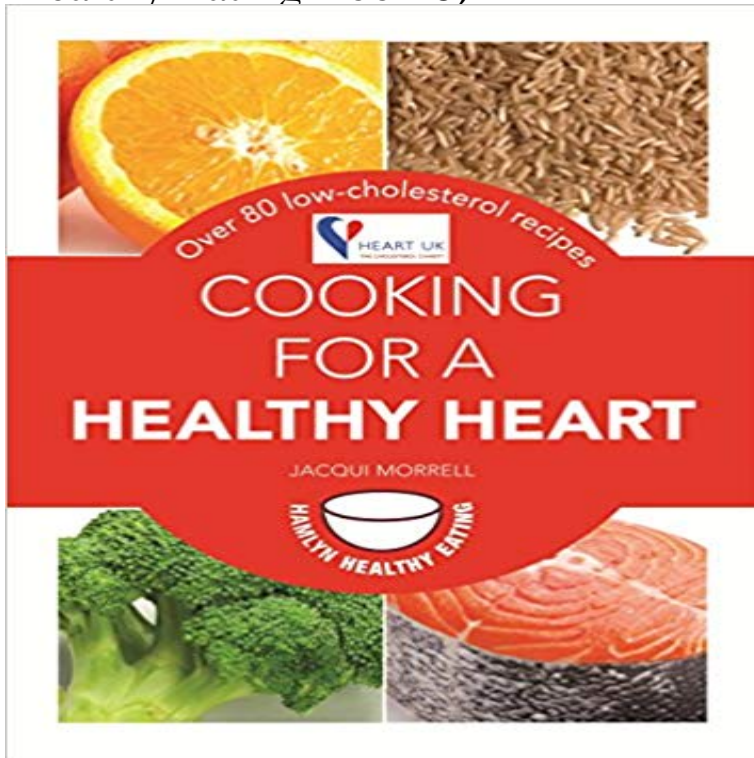


Cooking for a Healthy Heart: Over 80 low-cholesterol recipes (Hamlyn Healthy Eating Book 6)



The book encourages an understanding of heart disease, who is most at risk, and highlights the importance of healthy eating as a preventative measure against this disease. It provides 83 delicious, accessible recipes specifically designed to lower cholesterol. Meal ideas are packed with fruits and salads, lean meats and oily fish, nuts and low-fat dairy produce. Cooking for a Healthy Heart also includes ideas for special occasions, such as celebration meals, meals for one and quick and healthy snacks.

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