



Eater's Choice: A Food Lover's Guide to Lower Cholesterol

Ronald S. Goor Dr., Nancy Goor

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Fully revised and updated, Eater's Choice recommends a simple method to reduce your risk of heart disease by up to 60 percent. Eater's Choice, a nationwide bestseller, is recommended by doctors and professional dietitians more often than any other book for people who want to lower blood cholesterol and live longer, healthier lives. The cornerstone of the Goor series, this fully revised edition recommends recent groundbreaking methods to control cardiac risk factors and provides information about the latest cholesterol-lowering drugs. Updated food tables make it easier than ever to choose the right foods for your diet.

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