

American Heart Association 365 Ways to Get Out the Fat: A Tip a Day to Trim the Fat Away



The latest addition to the bestselling AHA library, this book is chock-full of tips on cooking, shopping, snacking, and preparing and customizing favorite foods, this fact-filled guide makes it easy to keep fat (especially saturated fat) and cholesterol under control--a boon for healthier hearts and trimmer waistlines.

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