

001 Heart Healthy Recipes Cholesterol

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## Summary:

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Snickerdoodle Pancakes with Warm Vanilla Sauce Recipe ... Nutrition Facts Serving Size: 1 Serving Calories 310 Calories from Fat 120 % Daily Value Total Fat 13g 20% Saturated Fat 6g 32% Trans Fat 1 1/2g Cholesterol 85mg 28% Sodium. Cholesterol - American Heart Association What is cholesterol? The American Heart Association explains how cholesterol affects the heart. Learn about prevention and treatment of high cholesterol, triglycerides, ldl, hdl, atherosclerosis, arteriosclerosis, hypercholesterolemia, bad cholesterol, reducing cholesterol, cholesterol screening, cholesterol tracker, recipes and preventing high. 1,001 Heart Healthy Recipes Kindle Edition - amazon.com A compilation of Dick Logue's two popular books, 500 High-Fiber Recipes and 500 Low-Cholesterol Recipes, 1,001 Heart Healthy Recipes brings you all the nutritious recipes you could ever need for maintaining a healthy lifestyle, from light and fresh main dishes to guilt-free snacks and desserts.

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