



American College of Physicians Healthy Heart Cookbook

American College of Physicians-American Society of Internal Medicine

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Cook with the right foods for a healthy heart.

This concise yet comprehensive book describes the various forms of heart disease and provides a beneficial and practical approach to reducing risk. Learn how to plan meals that cut back on harmful foods and replace them with healthy, delicious alternatives. International recipes stress the use of a wide range of fresh and delectable ingredients prepared to rival traditional gourmet dishes.

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