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FATS AND CHOLESTEROL

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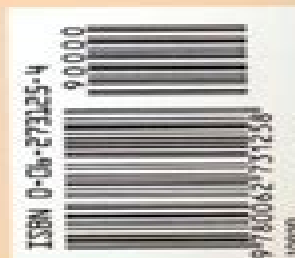
Food Values: *Fats and Cholesterol* provides you with information on saturated and unsaturated fats as well as on cholesterol to help you not only healthily lower your cholesterol level. It is a comprehensive guide to the nutrient values of more than 8,000 foods eaten at home, on the run, and in restaurants, including brand name products, fast foods, prepared foods, fresh foods, vegetarian dishes, products sold in health food stores, and much more, presented in an easy-to-use format. Calorie counts are given for all portions.

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Food Values Fats And Cholesterol

Michael Brown



Food Values Fats And Cholesterol:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Food Values Fats And Cholesterol**

In some sort of inundated with screens and the cacophony of fast transmission, the profound power and mental resonance of verbal art usually diminish into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, set within the musical pages of **Food Values Fats And Cholesterol**, a fascinating work of literary elegance that impulses with raw feelings, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that mesmerizing opus books viewers on a mental odyssey, lightly revealing the latent possible and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is main subjects, dissect its interesting publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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