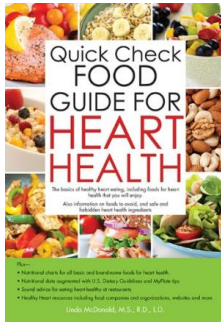


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# QUICK CHECK FOOD GUIDE FOR HEART HEALTH



Barron s Educational Series Inc.,U.S., United States, 2014. Paperback. Book Condition: New. 183 x 130 mm. Language: English . Brand New Book. A diet that emphasizes whole grains, fruits, vegetables, and lean proteins; while limiting fat and sodium is recommended for optimal heart health. It can be a challenge to eat this way in our world of mega grocery stores, complicated health claims and food labels. This no-nonsense guide, from nutrition expert Linda McDonald, cuts through the confusion and helps...

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- Authored by Linda McDonald
- Released at 2014



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