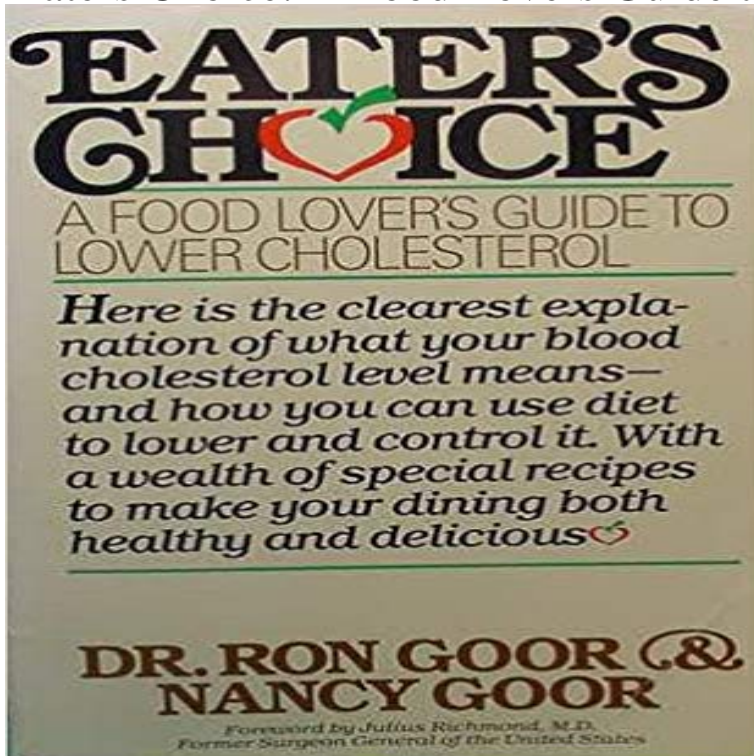


Eaters Choice: A Food Lovers Guide to Lower Cholesterol



Fully revised and updated, Eaters Choice recommends a simple method to reduce your risk of heart disease by up to 60 percent. Eaters Choice, a nationwide bestseller, is recommended by doctors and professional dietitians more often than any other book for people who want to lower blood cholesterol and live longer, healthier lives. The cornerstone of the Goor series, this fully revised edition recommends recent groundbreaking methods to control cardiac risk factors and provides information about the latest cholesterol-lowering drugs. Updated food tables make it easier than ever to choose the right foods for your diet.

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Nonfiction Book Review: Eaters Choice: A Food Lovers Guide to About the Author: Nancy Goor is the writer of the team. Using humor and a light style, Nancy has created an understandable and encouraging text for both the **Eaters Choice : A Food Lovers Guide to Lower - Books-A-Million** Find great deals for Eaters Choice : A Food Lovers Guide to Lower Cholesterol by Ron Goor and Nancy Goor (1989, Paperback, Revised). Shop with **Eaters Choice: A Food Lovers Guide to Lower - Google Books** The revolutionary Eaters Choice system makes cutting down saturated fat and other healthful dietary changes simple to plan and carry out. The choice is always **Choose to Lose: A Food Lovers Guide to Permanent Weight Loss** Eaters Choice: A Food Lovers Guide to Lower Cholesterol by Ronald S. Goor Dr., Nancy Goor, Dr. Ron Goor. **Summary/Reviews: Eaters choice - Buffalo & Erie County Public** Eaters Choice: A Food Lovers Guide to Lower Cholesterol: : Ron Goor, Nancy Goor, Barry Estabrook: Books. **Eaters Choice: A Food Lovers Guide to Lower Cholesterol** Jan 1, 1989 Eaters Choice has 0 reviews: Published January 1st 1989 by Houghton Mifflin, 416 pages, Paperback. **Eaters Choice: A Food Lovers Guide To Lower Cholesterol by Ron** Find great deals for Eaters Choice : A Food Lovers Guide to Lower Cholesterol by Ron Goor and Nancy Goor (1995, Paperback). Shop with confidence on **The Goldbecks Guide to Good s Choice: A Food Lovers** Find great deals for Eaters Choice : A Food Lovers Guide to Lower Cholesterol by Ron Goor and Nancy Goor (1989, Paperback, Revised). Shop with **Eaters choice: a food lovers guide to lower cholesterol - Ron Goor** **Eaters Choice: A Food Lovers Guide to Lower Cholesterol: Amazon** Eaters choice : a food lovers guide to lower cholesterol / 613.26 Low-cholesterol diet / Low-cholesterol diet Recipes [CIP] 86-18583. From Booklist, Copyright **Eaters Choice - A Food**

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