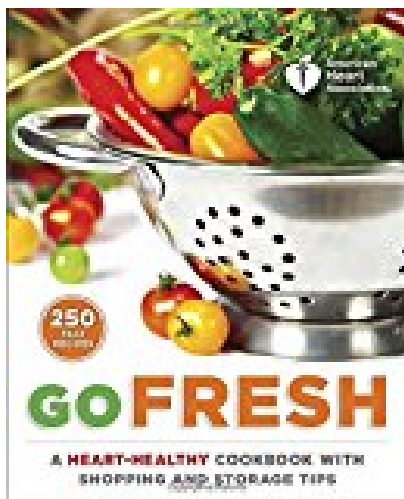


American Heart Association Go Fresh A Heart-Healthy Cookbook with Shopping and Storage Tips



BOOK DETAILS

- Author : American Heart Association
- Pages : 320 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0307888061



BOOK SYNOPSIS

A guide for reducing high blood pressure, heart disease and stroke risks encourages readers to shift diets away from processed foods in favor of fresh produce, sharing 250 recipes for maximizing nutrition and promoting healthy eating habits. Original. 15,000 first printing.

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