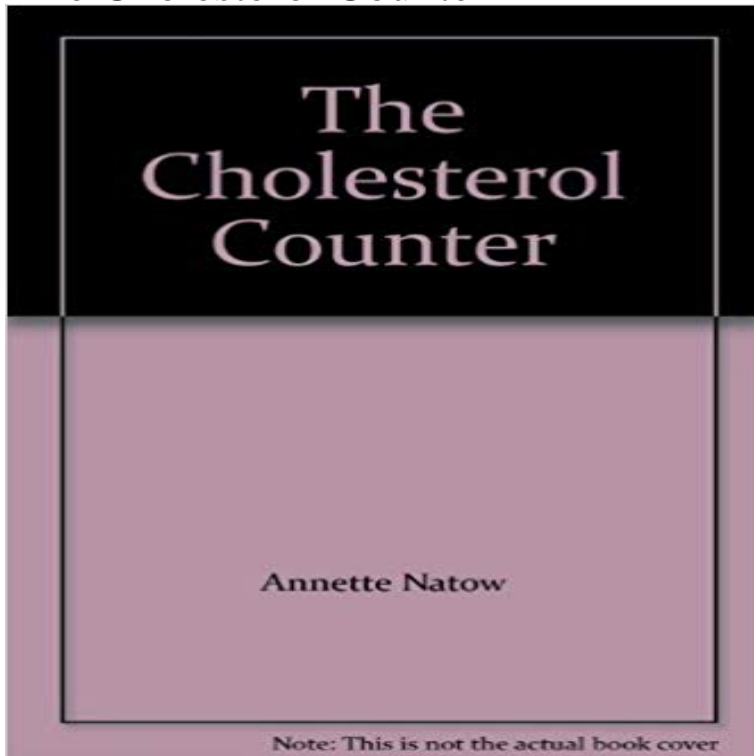


The Cholesterol Counter



Outlines the ten essential steps to lowering cholesterol levels, listing eighteen thousand up-to-date food entries that include calorie and fiber counts and providing daily recording worksheets and a supermarket guide.

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