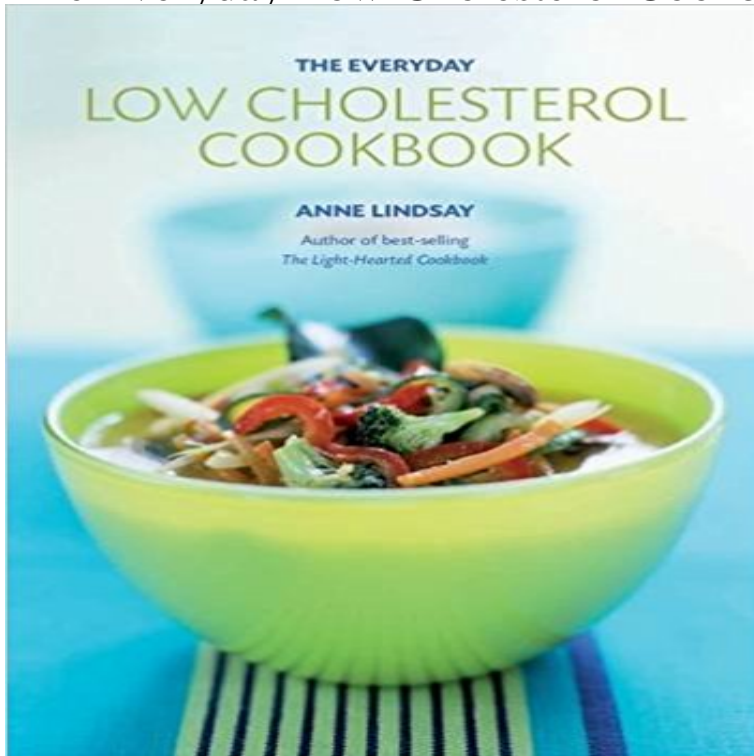


# The Everyday Low-Cholesterol Cookbook



Anne Lindsay's cookbooks are well established on the Grub Street list and are among some of the top-selling titles; her *Light-Hearted Cookbook* and *Everyday Lighthearted Cookbook* have topped sales of over 50,000 copies in the UK alone. With each of her books having sold over 1 million copies worldwide, they have changed the way millions of families eat today. Lowering cholesterol is the number one issue for adults at the moment, with 60 percent of the population claiming that they are trying to reduce their cholesterol levels. *The Everyday Low-Cholesterol Cookbook* is aimed at them and follows the same winning formula - Anne Lindsay's recipes show that healthy meals can be easy and quick to prepare, full of flavour as well as being inexpensive. In this latest collection of low-fat recipes you will find: a guide to healthy eating; exciting menu ideas for family eating and entertaining; fat and calorie content of every recipe; vegetarian suppers; and, one dish meals.

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