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Low-cholesterol, Low-sugar Cooking By HARRIET
ROTH**

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Harriet Roth is a renowned She has written extensively on the subject of cooking to lower cholesterol. She describes the staples for a low-cholesterol

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Harriet Roth is the former director of the Pritikin Longevity Center Cooking School and the author of the bestselling cookbooks Deliciously Simple, Deliciously Low

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Harriet Roth has 11 books on Goodreads with 36 ratings. Harriet Roth s most popular book is Deliciously Simple: Quick-and-Easy Low-Sodium Sodium, Low-Fat, Low

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