

CHOLESTEROL-FREE FOODS

Coffee	Olives
Egg Substitutes	Sherbet
Egg Whites	Spices
Fresh Fruits	Tea
Fruit Juices 100%	Vegetables
Hard Candy	Whole Grains
Jams	(like oatmeal)
Maple Syrup	

REMEMBER

Eating is one of life's pleasures...
..... so enjoy food but always remember
MODERATION!

The above listed information has been furnished by:
GREAT GEC
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Fort Lauderdale, FL