

Duck Goose Find A Pumpkin

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Advice for those keen to lower their cholesterol - HEART UK

pumpkin, sesame etc). Lean pork, ham, lamb, beef, extra lean mince. Kidney. Chicken and turkey without skin. Veal, rabbit, game, ostrich. Skimmed milk, 1% milk, buttermilk, skimmed . milk with plant sterols, soya and oat drinks with added calcium. Low fat, low sugar yogurt or soya alternatives to yogurt. Yogurts and mini drinks with added plant