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On the cover: The association between hyperlipidemia and coronary heart disease is well recognized. A meta-analysis of observational studies and clinical trials has now revealed that plant-based diets are associated with decreased total cholesterol, low-density lipoprotein cholesterol, and high-density lipoprotein cholesterol, but not with decreased triglycerides. Vegetarian and vegan diets may be an effective option for reducing the risk of heart disease. Image is “Casa con Huerta” by Miguel de Gracia (1937–). Photo courtesy of Album / Art Resource, NY.