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New Home Economics ,1989 Eater's Choice Ron Goor,Nancy Goor,1999 Explains what blood cholesterol is and provides flexible methods for controlling it with guidelines for children detailed tables and delicious new recipes Bon Appétit ,1993 Mother Jones Magazine ,1988-06 Mother Jones is an award winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues **The Best of Arizona** Don W. Martin,Betty Woo Martin,1990 Suggests places to see in each section of the state and recommends attractions shops restaurants and accomodations

The NutriBase Guide to Fat & Fiber in Your Food Nutribase,2001 The NutriBase Nutrition Facts Desk Reference is an essential tool for monitoring the nutritional value of your diet Recognized by health experts as the best source of information on food values it is widely used by physicians nutritionists and health conscious consumers alike This completely revised and updated second edition has more than 40 000 entries for generic brand name prepared and specialty foods including fast foods and restaurant meals Alphabetical listings include the amount of calories carbohydrates sodium protein fiber fat saturated fats cholesterol and percentage of calories from fat in short everything needed to analyze diet and nutrition Many nutritionists advise a reduction in fat and a simultaneous increase in fiber for optimal health With more than 40 000 entries this book helps readers identify the best foods for weight loss and disease prevention

The Compu-mark Directory of U.S. Trademarks ,1991 *Behind Every Great Chef, There's a Mom!* Christopher Styler,2005-04-13 Now in paperback today s top chefs unlock their mothers secret recipe file and share the dishes that inspired them to cook ehind every great chef there s a great mom and a great recipe file This cookbook collection pulls Mom s best recipes from celebrated chefs nationwide so that you can share them with your own family and friends

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Companies and Their Brands ,1997 **Brands and Their Companies** ,1994 This is

a guide to product trade names brands and product names with addresses of their manufacturers and distributors

Discover ,1990 **Time** Briton Hadden, Henry R. Luce, 1990 **Publishers Weekly** ,1990 *Excellence in Direct Marketing* Direct Marketing Association (U.S.), 1992 Illustrations of campaigns that won International Echo Awards
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