



"This is a wonderful, easily digested book to help anyone when it comes to cutting the fat from their diets — and maybe their waistlines!" — Michael Jacobson, Ph.D., Executive Director, Center for Science in the Public Interest and Publisher, American Action Fund



LOWFAT COOKING FOR DUMMIES

NEW!

A Reference for the Rest of Us!

by **Lynn Fischer**

Host of "Lynn Fischer's Healthy Substitutions" on Public Broadcasting and Coauthor of the book, *The Low Cholesterol Diet*

Foreword by Dr. W. Virgil Brown, Senior Physician, American Heart Association

The Fun and Easy Way to Trim the Fat from Your Diet — All New!

Your First Aid Kit for Creating Tasty Lowfat Dishes in Minutes

Lowfat Cooking Tips and Techniques Explained in Plain English



Lowfat Cooking For Dummies

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The Bottom Line Book of Total Health and Wellness ,2001 **The Healthy Heart Cookbook for Dummies®** James M. Rippe,2009-10-29 Julia Child in her classic book *The Way to Cook* published by Knopf writes of her concern that low fat cooking may rob us of the pleasures of the table I couldn t agree more There is no reason for low fat low cholesterol heart healthy cooking to rob us of the pleasures of food Eating is one of the great joys of life And food doesn t have to be grim and punishing in order for it to be healthy for your heart In this book with the assistance of over

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advice can help you because it has helped so many of their friends and workshop participants Carol's colleagues kept asking her how she could eat so much and look so good They didn't know that Carol had yo-yoed for years while trying fad diets before she and Eric researched developing a healthier lifestyle that would work for them Soon they were advising friends then giving popular workshops and now are sharing their ideas in Bodystat They've included dozens of practical tips twenty seven of their favorite recipes and most important the principles about diet and exercise that will empower you to be healthier and happier with your body forever You don't have to try to follow day by day diets full of food you hate or diagrammed exercises you can't figure out With Bodystat you will see the big picture and smile BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved HBS Alumni Bulletin ,2007 *Low-fat Ways to Cook Chicken* Susan M. McIntosh,1995 Each of these 150 low fat chicken recipes has been kitchen tested and meets the American Heart Association requirement getting 30% or less of its calories from fat Includes make ahead ideas tips for meals in 30 minutes or less and more than 40 beautiful color photos Spiral bound

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