



No Salt, No Sugar, No Fat (Nitty Gritty Cookbooks)

Goldie Silverman

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As we learn more about diet, cholesterol and heart-health, it is more essential than ever. With its emphasis on a simple, sensible approach to healthy eating, this is a perfect, time-tested choice for everyone who wants to take control of their diet and their health. This newly revised edition takes account of the latest ideas and knowledge about sugar, salt, fat, food labeling, trans-fats, and availability of healthy products. Plus it contains a wonderful variety of recipes to make healthy eating a pleasure, and a nutritional analysis of every recipe.

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