

THE
FAT
AND
SODIUM
CONTROL
COOKBOOK

FOURTH EDITION, COMPLETELY REVISED

A Handy and Authoritative Guide for Those on
Sodium-Restricted or Fat-Controlled Diets—
Including Suggestions for Controlling
Carbohydrate, Cholesterol and Saturated Fats

ALMA PAYNE AND DOROTHY CALLAHAN

With an introduction by

FRANCIS L. CHAMBERLAIN, M.D., M.Sc.D.

The Fat And Sodium Control Cookbook

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inspection inspection criteria for all api connections is as outlined in api rp 5a5 ensure the complete thread area has no tears gouges or raised metal black crested threads within the complete thread area must not exceed 25 of the circumference of two 2 threads complete thread length is indicated in api rp 5b1

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