

THE Food Sleuth

HANDBOOK

FRIDAY AND
HURWITZ

THE Food Sleuth HANDBOOK

**Supermarket and Kitchen
Strategies to Keep your Family
Healthy and Happy**

by Sandra K. Friday and Heidi S. Hurwitz
Editors of the **Food Sleuth** Newsletter

Foreword by Leonard Grauer, M.D., Associate Clinical Professor
Yale University School of Medicine

- ✓ Add a ripe banana to replace sugar in cookies
- ✓ Sauté garlic and onions without fat
- ✓ Learn to locate everyday foods free of hidden salt
- ✓ Buy the best of supermarket fare free of artificial ingredients

With 100
low-salt, low-sugar,
low-fat recipes—
all family tested and
endorsed!

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