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Heart Health and Feel Great.**



Snack To Your Hearts Content The Lowfat Lowcholesterol Lowcalorie Quick Easy Cookbook

Wolfgang Guggemos



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well as 40 enticing photographs Even better this cookbook includes plenty of desserts like Flourless Chocolate Cake Summer Fruit Compote and Raspberry Buckle making it easy to see that fighting heart disease can mean indulging in the pleasures good food offers **Small Press** ,1990 American Bookseller ,1989 **Cookbooks for People with Diabetes** ,1988

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and vegan dishes and an emphasis on good carbs plus menus helpful tips and advice and full nutritional information this cookbook will help people with Type 1 and Type 2 diabetes eat and live well From breakfast dishes to desserts every recipe has been created to be low glycemic low fat and trans fat free low sodium and cholesterol free Also included are substitution charts to help readers make the transition to a plant based diet a glossary of cooking equipment an appendix of cooking terms and techniques and a list of uncommon ingredients with brand name recommendations *Publishers Directory* ,1993

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