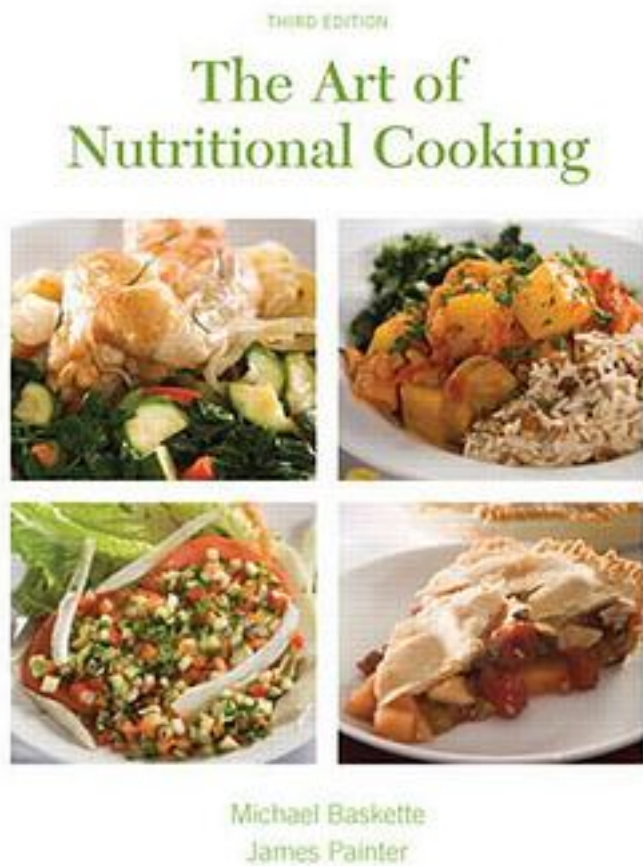


The Art of Nutritional Cooking



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"The Art of Nutritional Cooking, 3rd Edition "is both a guide and a tool for those interested in preparing healthy food. Offering streamlined coverage, it combines the science of nutrition with the art of cooking-logically progressing through the basics of

nutrition to health and diet, to cooking techniques to menu planning and finally, sample recipes. This edition includes the latest nutritional guidelines, separate chapters on the building blocks of nutrition, and an emphasis on taste and flavoring. By exploring the possibilities of healthy cooking, it shows how to achieve quality in all areas of taste and customer satisfaction. Anyone interested in healthy cooking.

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