

No Salt, No Sugar, No Fat



[No Salt, No Sugar, No Fat 下载链接1](#)

著者:Williams, Jacqueline/ Silverman, Goldie

出版者:Bristol Pub Enterprises

出版时间:2005-1

装帧:Pap

isbn:9781558673069

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.

作者介绍:

目录:

[No Salt, No Sugar, No Fat 下载链接1](#)

标签

评论

[No Salt, No Sugar, No Fat_ 下载链接1](#)

书评

[No Salt, No Sugar, No Fat_ 下载链接1](#)