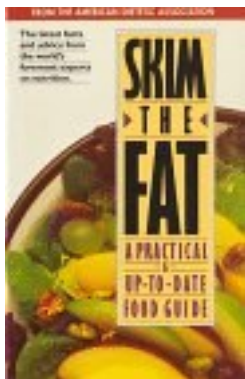


Skim the Fat



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Complete with answers to your nutrition questions, simple and innovative low-fat cooking techniques, a fat IQ quiz, lean and luscious recipes, and tips for recipe makeovers, this clear and practical guide is your single tool for eating right in the '90s and beyond.

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