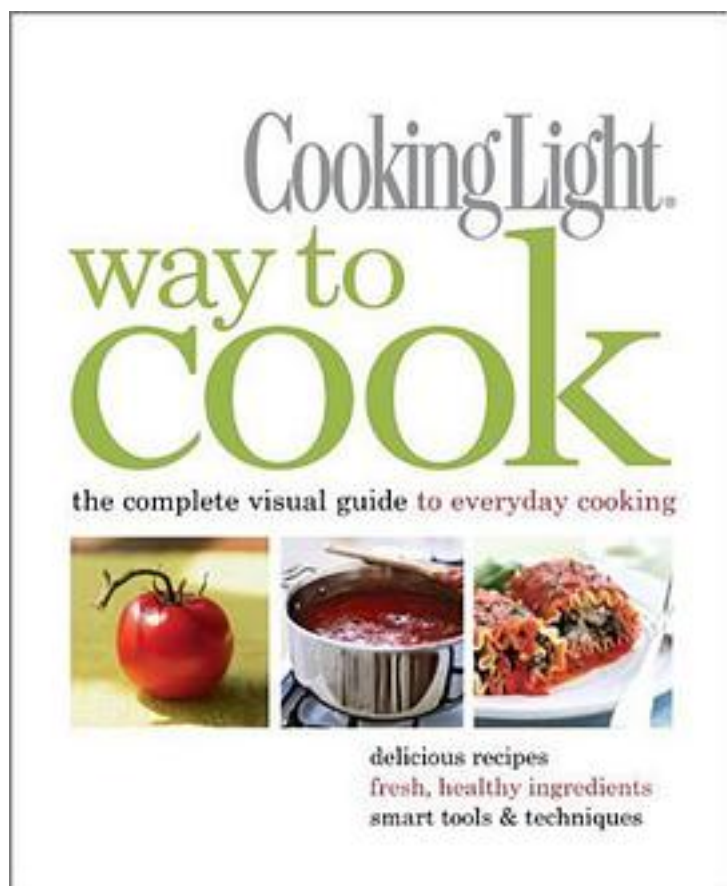


# Cooking Light Way to Cook



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All foods have a place in a healthy diet. We've never declared certain foods off-limits, but years ago, we avoided high fat ingredients, particularly those high in saturated fat like butter, cream, and bacon. We've since changed our methods based on scientific studies that found small amounts of higher-fat foods can be included in a nutritious diet. The keys are moderation and balance. As long as your overall diet is healthy, what

you eat at one meal isn't as important as the balance of what you eat over a few days or a week. This means all foods - beef, butter, cheese, and even salt - have a place in your diet. We strive to show you how to enjoy them judiciously. Thanks to broader availability of ingredients, the flavours of the world's cuisines are now available to home cooks, and you can learn to use them in your everyday meals. These concentrated sauces and robust herbs and spices offer ways to add flavour with minimal effort and little or no fat.

作者介绍:

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