



Jane Brody's Good Food Book: Living the High-Carbohydrate Way

Jane Brody

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Jane Brody's Good Food Book: Living the High-Carbohydrate Way Jane Brody

Offers a practical, everyday guide to cooking and eating sensibly that includes information on the major starches and weight control as well as hundreds of recipes and menu plans.

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Theresa Smith:

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Joyce Shryock:

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