

# **REFINED CARBOHYDRATE FOODS AND DISEASE**

**Some Implications of Dietary Fibre**

**edited by D. P. Burkitt  
and H. C. Trowell**



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# Refined Carbohydrate Foods And Disease Some Implications Of Dietary Fibre

**Lingsheng Yao**



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web nov 13 2014 in a large bowl dissolve 1 teaspoon of sugar in 1 4 cup of lukewarm water sprinkle in yeast and let it stand for 5 10 minutes or until foamy stir in milk egg oil lemon zest vanilla sugar and the rest of the sugar 1 4 cup mix in 2 cups of flour and let it sit for 8

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Mehl und Hefe in eine Schüssel geben und vermischen 150 ml Milch Butter Zucker Salz und 1

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