



PREVENTION'S

Quick and Healthy
LOW-FAT COOKING
FEATURING PASTA
AND OTHER ITALIAN FAVORITES

EDITED BY JEAN ROGERS, FOOD EDITOR, **PREVENTION** MAGAZINE. THOMSON BOOKS.

Preventions Quick And Healthy Low Fat Cooking Featuring Pasta And Other Italian Favorites

CO Houle



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American Book Publishing Record ,2003 **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09 Prevention's Fight Fat Mark Bricklin,Gale Maleskey,1996 Offers information on controlling the fat in our diet describes the benefits of low fat foods and presents recipes for meals and snacks

Prevention's Fight Fat The Editors of Prevention Magazine,1997-01-15 Prevention features the year s top weight loss and low fat issues such as the best ways and how much to exercise to lose weight the bottom line on yo yo dieting the new diet drugs hormone replacement therapy and weight gain and much more 30 photos *Subject Guide to Books in Print*

,1997 The Cumulative Book Index ,1998 A world list of books in the English language **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 *Books in Print* ,1991 *Prevention's Quick and Healthy Low-fat Cooking* David Joachim,1997 The dinner hour is the rushed hour for many families who end up settling for fast food rather than fabulous food This book serves up scores of tasty low fat dinners with a minimum of fuss

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