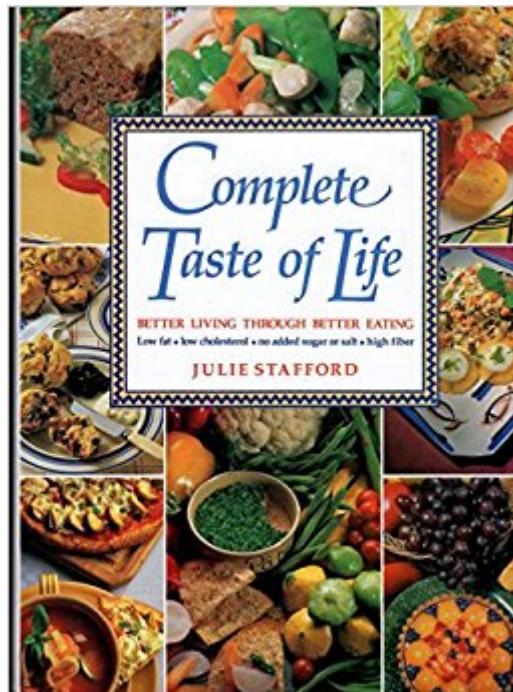


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# Complete Taste Of Life



## Synopsis

Book by Stafford, Julie

## Book Information

Hardcover

Publisher: Tuttle Publishing (May 15, 1993)

Language: English

ISBN-10: 0804818436

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Product Dimensions: 1.2 x 8.8 x 12 inches

Shipping Weight: 4 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #222,256 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Nutrition > Fiber #56 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #261 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

After Stafford's ( Julie Stafford's Low Cholesterol Cookbook ) husband developed cancer of the lymphatic system a decade or so ago, she and the family went through some changes: they decided to seek out high-fiber foods, whole grains, vegetables, brown rice, fish and fruit, and to do without the demons of contemporary eating--the fried, the rich, the fatty, the sweet. Perhaps in part as a result, says Stafford, her husband's health improved, and no one else's suffered. The Australian former sheep farmer and restaurateur here brings us some of the recipes that have helped her, as well as general thoughts on what else can serve well-being (e.g., exercise; avoiding cigarette smoking). Though originally published in Australia, the book includes standard American measurements and a glossary useful to Americans, and is more than accessible to us. Its large format and open, spacious design accommodate serious browsing, as do full-page, full-color photographs. But it's the recipes that will keep you going: from lavish salads to "energy biscuits" (including dried fruits and untoasted muesli) and hearty soups. Copyright 1993 Reed Business Information, Inc.

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