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# HEALTHY EXCHANGES<sup>®</sup>

COOKBOOK

**JoAnna M. Lund**

foreword by Rose Hoenig, R.D., L.D.



- 180 quick-and-easy low-fat, low-sugar recipes made with everyday, ordinary foods
- Includes weight-loss exchanges, calorie and fat gram counts, and diabetic exchanges for every recipe

# Healthy Exchanges Cookbook

**Roman Wölfel**



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