



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

*Jane E. Brody*

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

From the nationally bestselling author of Jane Brody's Nutrition Book comes "the ultimate, readable, understandable, practical, and useful book on how to live sensibly and well . . . a primer on the new nutrition and weight control" (Craig Claiborne). Contains over 350 recipes.

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