

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

**By Jane E. Brody**

## **Jane Brody's Good Food Gourmet by Jane Brody | -**

Jane Brody's Good Food Book is a great American cookbook, one destined to take its place alongside such classics as the Joy of Cooking and America Cooks.

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Jan 15, 1986 Jane Brody, author of ``Jane Brody's Good Food Cookbook: Living the High Carbohydrate Way`` (W.W. Norton, \$19.95), says that this recipe from the book

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living the high-carbohydrate way. Brody, Jane E. 700 p. : ill. ; 25 cm. by Jane E. Brody ; illustrations by Ray Skibinski. Includes index.

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Praise for Jane Brody's how to go smartly into the good night, holding our loved ones health columnist Brody (Jane Brody's Good Food Book)

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Jane Brody, author of "Jane Brody's Good Food Cookbook: Living the High Carbohydrate Way" (W.W. Norton, \$19.95),

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JANE BRODY'S GOOD FOOD BOOK: LIVING THE HIGH-CARBOHYDRATE WAY is divided into two sections. The first is a discussion of high carbohydrate nutrition, and the second

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She has been called the "High Priestess of Health" by Books Brody has written include Jane Brody's Nutrition Book and Jane Brody's Good Food Book, Living people;

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Jane Brody's Good Food Book, Living the High-Carbohydrate Way (W. W. Norton: \$19.95, 700 pp., illustrated).

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