



# Junk Food to Real Food: A Blueprint for Healthier Eating

*Carol A. Nostrand*

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**Junk Food to Real Food: A Blueprint for Healthier Eating** Carol A. Nostrand

Suggests ways to ease the transition to a healthier diet, offers advice on buying, cooking, and storing food, and includes recipes for breads, soups, salads, poultry, fish, vegetables, pasta, snacks, and desserts.

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