



# The Low-Fat Good Food Cookbook: For a Lifetime of Fabulous Food

*Martin Katahn Ph.D., Terri Katahn*

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**Do you love good food? Love to eat? Want the taste of great cooking without the fat or the worry of eating the wrong kinds of foods? Based on the principles of *The T-Factor Diet*, the book that has created a revolution in the way we eat and think about food, this cookbook opens up an exciting new range of international cooking that will delight your family and friends.**

You do not have to be on a diet to enjoy the benefits of this book, but each recipe lists total fat, saturated fat, cholesterol, calories, sodium, and fiber content, so that the meals you prepare may be keyed into any stage of a diet or maintenance program. In addition to main dishes and ideas for entertaining, there are many tips on cooking for one person, eating out, and meals to take to work. And the dishes are easy to prepare.

The Katahns love good food, and they love to cook. They will show you how to prepare fabulous meals?like Sesame-Ginger Lamb Chops or Triple Cheese Manicotti?that combine low fat and low salt with lots of fruits, vegetables, and complex carbohydrates. The recipes in this book meet all the guidelines set forth by the American Heart Association and the American Cancer Society for reducing the dietary risk of disease.

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