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THE TRANS FAT FREE KITCHEN: SIMPLE RECIPES, SHOPPING GUIDES, RESTAURANT TIPS



HEALTH COMMUNICATIONS, United States, 2006. Paperback. Book Condition: New. 213 \times 140 mm. Language: English . Brand New Book. As of January 1st 2006 The Food and Drug Administration (FDA) began requiring food manufacturers to list trans fat (i.e., trans fatty acids) on Nutrition lables. But companies can still emblazon their packaging with Trans Fat Free even if a food has trans fats in levels less than .5 grams a serving. Confused? You re not alone. Enter The Trans Fat...

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- Authored by Ronni Julien
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