



Grazing: A Healthier Approach to Snacks and Finger Foods

Julie Van Rosendaal

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Eating smaller meals and snacks over the course of the day has become a popular eating pattern. The good news is that doctors and nutritionists all over the world believe it's the healthiest way to eat. It can keep energy levels high, lower cholesterol and help you achieve blood sugar levels on an even keel. This revised and updated edition of Julie Van Rosendaal's popular book *Grazing* provides grazers, party hosts and the occasional snacker with ammo against the vending machine, comfort when they need to relax and help when they need to feed a crowd. These low-fat dishes are easy to make and low in fat, without ever compromising taste. The revised edition of *Grazing* provides a program that leads to weight loss and renewed health.

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