

### **Bibliography**

Applebee, Carmen. Healthy Choices, Healthy Hearts. New York, New York: Doubleday, 2001.

Blunt, Larry. Low Fat Cooking Made Easy. Knoxville, Tennessee: Kitchenbooks, 2003.

Hammer, Eugene K., Steve Montasa, Murray Kinsey. "How Good is Good: A Complete Guide to Making Good Dietary Choices." Natural Fitness and Health, June 24, 2006: 24-29.

Knox, John. Fat content of Common Foods. New York: Nutritional Press, 2003.

Pearl, Karma. "Cooking For Less Fat." National Association of Dietitians.  
<http://www.nad.org/cook/fat/ways-means.html> (Nov. 12, 1999).