

**Consumer
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GOOD EATING, GOOD HEALTH COOKBOOK

*150 Delicious Recipes,
Low in Calories, Fat & Cholesterol*

**MARINATED**

PER SERVING

Calories: 240

Protein: 33 grams

Carbohydrates: 0 grams

Dietary fiber: 0 grams

GRILLED TUNA

Total fat: 11 grams

Saturated: 2 grams

Monounsaturated: 8 grams

Polyunsaturated: 1 gram

Cholesterol: 65 milligrams

Potassium: 470 milligrams

Sodium: 100 milligrams

Recipes Tested for Taste, Appearance, Preparation Time,
Convenience, Nutritional Content

PHYLLIS G. KAUFMAN
and the Editors of Consumer Reports Books

Good Eating Good Health Cookbook

Tian-Chu Shih



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