

# **Secrets Of Good Carb / Low Carb Living By Sandra Woodruff**

**By Sandra Woodruff**

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Secrets of Good-Carb Low-Carb Living. Author(s): Sandra Woodruff. List Price: \$16.95 Format: Paperback: 262 pages Publisher: Avery Publishing Group

Woodruff (The Good Carb Cookbook ; etc.) is a dietician and nutritionist who eschews the Atkins diet's controversial no-carbohydrate

All Books by Jane Woodruff, Diabetic Dream Desserts and Secrets of Good-Carb/Low-Carb Living, Sandra Woodruff is the author of following books:

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Carb Substitutions 12 Tasty says Sandra Woodruff, R.D., coauthor of The Good Carb Cookbook. Dip the roll in low-fat mayonnaise or mustard. Carbs Eliminated:

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View Sandra Woodruff, MS, Sandra has also worked for a hospital-based wellness center; Secrets of Good-Carb/Low-Carb Living,

Sandra Woodruff, M.S., R.D., is the author of nine books, Secrets of Good-Carb/Low-Carb Living. Sandra Woodruff. The Good Carb Cookbook. Sandra Woodruff. See More.

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