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Woodruff**

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

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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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In The Good Carb Cookbook, Sandra Woodruff demystifies the carbohydrate confusion by explaining the real differences among not a fad diet but a healthy lifestyle

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