

**Gout Hater's Cookbook : Recipes Lower In Purines By
Jodi Schneiter**

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Here are two recipes adapted from The Gout Hater s Cookbook (3d ed., revised) by Jodi Schneider. Lasagna (preferably low fat or skim)

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Gout Hater's Cookbook I, Recipes Lower in Purines and Lower in Fat. This cookbook features comprehensive lists of foods lower, relatively high and highest in purines.

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Jodi schneiter (author of gout hater's cookbook

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