



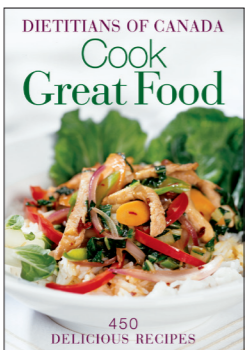
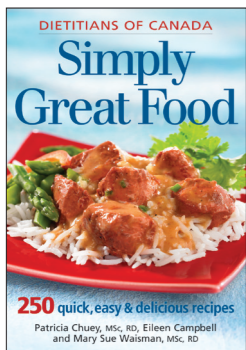
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MARY SUE WAISMAN, MSc, RD, is a professional dietitian, cookbook author, trained chef and lover of all things food. She has devoted her career to helping Canadians cook and eat delicious, nutritious food.

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Mary Sue Waisman, MSc, RD

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