

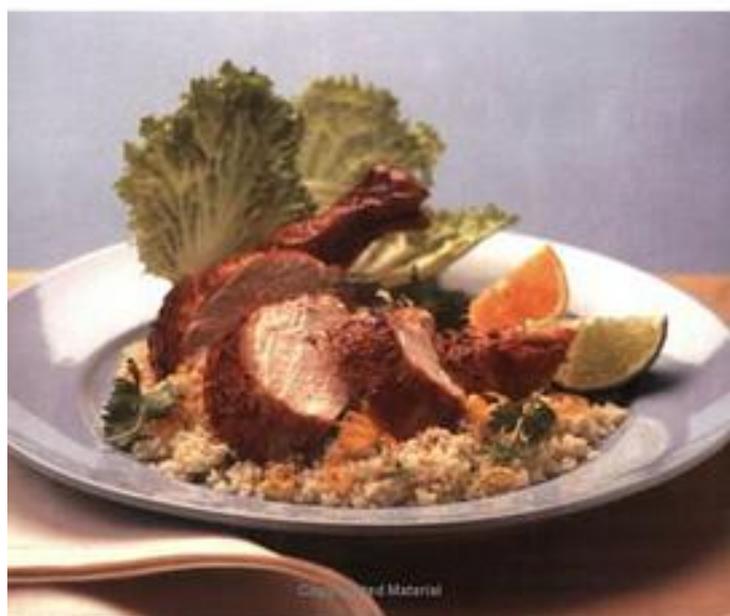
# Anne Lindsay's Light Kitchen

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## Light Kitchen

Easy and Delicious Meals  
for a Healthy Weight



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著者:Lindsay, Anne

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First published in 1991, this new edition of "Anne Lindsay's Light Kitchen" features fully revised introductory material that can help anyone with a health concern -- be it excess weight or high levels of blood glucose, blood pressure or blood fats-- make lifestyle changes that will enhance their wellbeing. "Anne Lindsay's Light Kitchen" also features: Glycemic Index (GI) rating for recipes with 10 grams of carbohydrate or more, for easier monitoring of blood glucose levels and weight management Canadian Diabetes Association Food Choice Values for each recipe Nutrient analysis for each recipe, showing calories, protein, fats, carbohydrate, fibre, sodium and potassium Over 200 creative, easy and delicious recipes Make Ahead instructions for most recipes

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