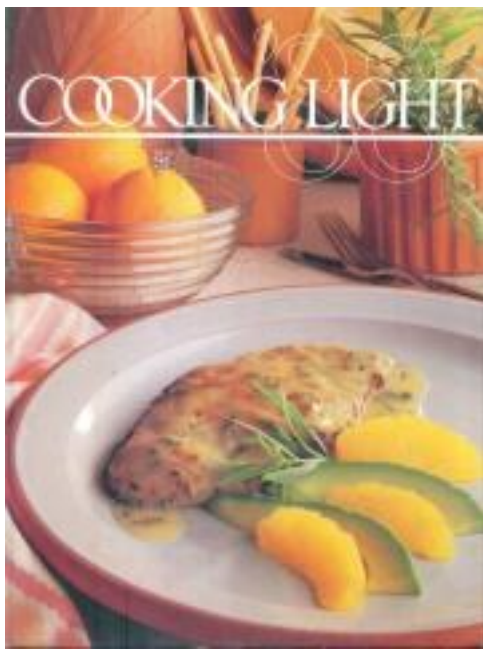


# Cooking Light



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著者:

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The cookbook of food and fitness

with

~ The latest scientific eviaence for living well

~ Nutrition guidelines for health maintenance

~ Tips for lowering calories in your favorite recipes

~ Over 450 recipes analyzed for calories and seven essential nutrients

~ Menus that celebrate the light revolution in American cuisine:

Breakfast and Brunch! Quick and Easy! Microwave It Light!

That s Entertaining!

~ An easy-to-fill prescription for cardiovascular fitness

~ Marketplace reviews for health-conscious shoppers

and introducing

Cooking Light menu plans calculated for 1200 and 1600 calories

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