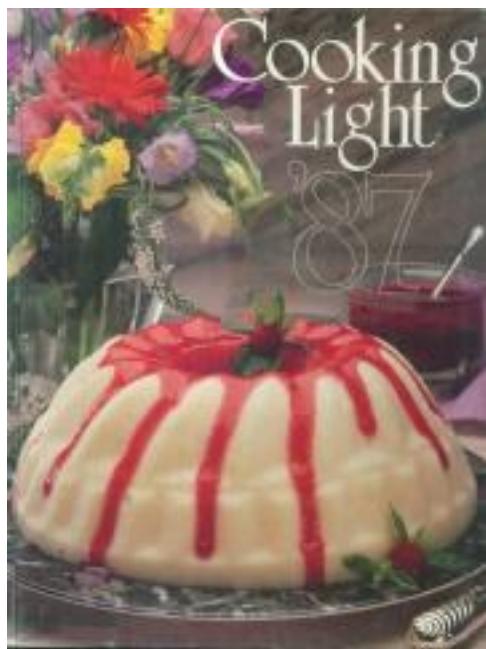


Cooking Light 87



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Welcome to Cooking Light '87, an all-new cookbook that celebrates the pleasures of good health. Our low fat, low-calorie recipes are easy to make, a delight to behold, a feast for the senses.

Guided by the premise that good health and good food are synonymous, our editors developed an approach to eating and cooking that is both healthy and appealing.

In addition, unlike most cookbooks, Cooking Light '87 contains the very latest in research from the world of nutrition science, exercise physiology, and psychology.

All of the 480-plus recipes are new, including the thirty delicious and attractive menus that offer fresh ideas for family meals, company dinners, and cocktail parties. With Cooking Light '87 as a guide, you'll learn to minimize the fat, sugar, and sodium in your meals and, at the same time, maximize the vitamins, minerals, and fiber that contribute to a well-balanced diet. The emphasis is on the good taste and texture of fresh wholesome food cooked the light way.

Use this book to begin a lifetime of living well. By making gradual changes in eating habits, increasing physical activity, and providing a little time for relaxation, you'll begin to have more energy and a greater sense of well being. You'll also improve your chances of living longer and avoiding some of the major chronic diseases of our time.

Most importantly, you'll improve your quality of life now.

In short, we're showing you how to take charge of your diet, your physical activity, your health habits—your attitudes, your body, and your mind

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