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make the transition from their diets — and
improve nutrition for everyone from their clients — and
anyone else who wants to learn how to eat better.
— **Author Bio:** Lynn Fischer, MA, RD, LD, is a registered dietitian,
Certified Nutrition Specialist, and Nutrition Education Consultant.



LOWFAT COOKING FOR DUMMIES

NEW!

**A Reference for
the Rest of Us!**

by Lynn Fischer



*The Fun and Easy Way
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for Creating Tasty Lowfat
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*Lowfat Cooking Tips
and Techniques
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advice can help you because it has helped so many of their friends and workshop participants Carol s colleagues kept asking her how she could eat so much and look so good They didn t know that Carol had yo yoed for years while trying fad diets before she and Eric researched developing a healthier lifestyle that would work for them Soon they were advising friends then giving popular workshops and now are sharing their ideas in Bodystat They ve included dozens of practical tips twenty seven of their favorite recipes and most important the principles about diet and exercise that will empower you to be healthier and happier with your body forever You don t have to try to follow day by day diets full of food you hate or diagrammed exercises you can t figure out With Bodystat you will see the big picture and smile BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved [HBS Alumni Bulletin ,2007](#) [Low-fat Ways to Cook Chicken](#) Susan M. McIntosh,1995 Each of these 150 low fat chicken recipes has been kitchen tested and meets the American Heart Association requirement getting 30% or less of its calories from fat Includes make ahead ideas tips for meals in 30 minutes or less and more than 40 beautiful color photos Spiral bound

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