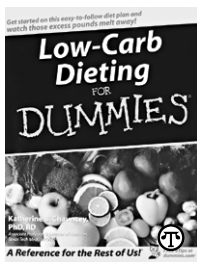


# DO IT & DIET

## Low-Carb Cooking In Plain English

(NAPSA)—The good news for people interested in reducing their weight, their cholesterol and their blood pressure is the arrival of a book that tells them in plain Eng-



lish about low-carb dieting. “Low-Carb Dieting For Dummies” (Wiley, \$21.99) is helping readers get started on an easy-to-follow diet plan.

The guide shows how to build meals around fruit, vegetable and lean protein food sources and how to choose whole grains or legumes for your daily carb choices.

The guide also explains the latest research behind reduced-carbohydrate diets, dispelling the myths and revealing how to navigate your way through the good and bad carbs to create a diet plan that works. It includes tasty low-carb recipes and lots of tips to make your low-carb diet a success.

Readers can discover how to:

- Stock a low-carb kitchen.
- Prepare 75 tasty low-carb recipes.
- Eat right when dining out.
- Create both meat and vegetarian dishes.
- Incorporate exercise into their day.
- Maintain a low-carb lifestyle.

The book, written by Katherine B. Chauncey, PhD, RD is available at bookstores across the nation.