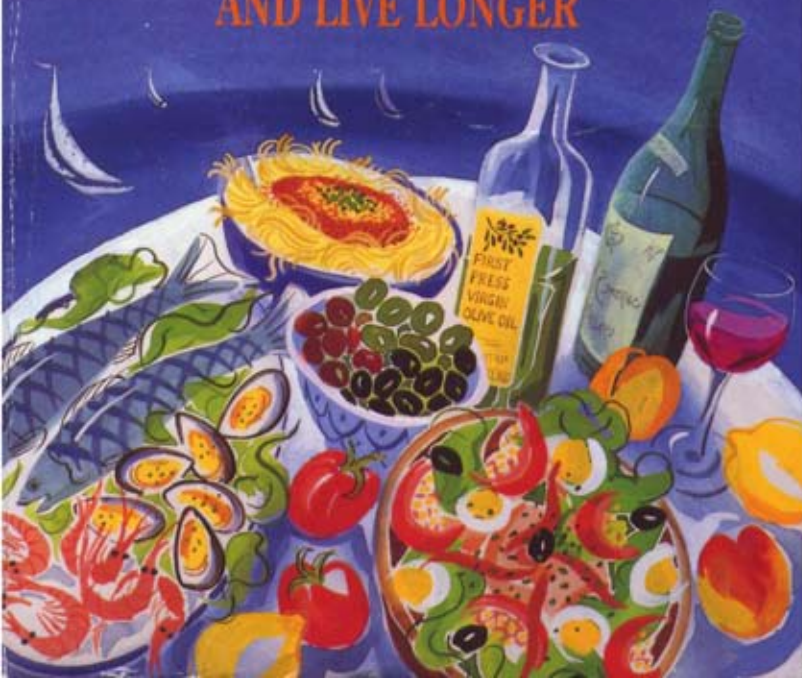


GILLY SMITH AND ROWENA GOLDMAN

THE MEDITERRANEAN HEALTH DIET

THE DELICIOUS WAY TO LOSE WEIGHT
AND LIVE LONGER



The Mediterranean diet brings you the very best things in life – delicious fresh food in abundance, better health and a new slimmer you.

In Southern Europe they've been eating the perfect diet for thousands of years – olives, pasta, tomatoes, fish, fresh fruit and vegetables, crusty bread and a little red wine. Not only is it cheap, stunningly easy to prepare and absolutely mouthwatering, the Mediterranean diet has been proved to bring down blood cholesterol levels, lower blood pressure, reduce the risk of heart disease and shed excess weight.

The recipes in this book have been prepared by leading chefs such as Raymond Blanc and Nico Ladenis and rising stars who base their inventive menus on Mediterranean principles. Take the Mediterranean way to health and let the sunshine into your life!

Cover illustration by Nicholas Hely Hutchinson

United Kingdom £4.99

*Australia \$12.95

*=Recommended Price Only

HEADLINE
Non-fiction/Health

ISBN 0-7472-4017-5



9 780747 240174

00499

