

Lose Weight the Jewish Way

Submitted by: MGA (London)

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Mince pies, Christmas Cake and all that New Year fizz can lead the average person to pile on considerable pounds over the holiday period. Forget the Atkins, South Beach, Cabbage Soup and Juice diets this year and instead let The Light Jewish Cookbook help you lose the festive fat.

The Light Jewish Cookbook has over 120 recipes from around the world to explore, each one with reduced fat and sugar content. They retain all the fabulous flavour of the original dishes but with a significantly lower calorie content.

The author, French cookery writer Sylvie Jouffa, lost an incredible stone and a half and dropped two dress sizes using the recipes in this book, which were adapted by respected dietician Annick Champetier de Ribes from Sylvie's favourite Jewish dishes.

You don't have to be Jewish to lose weight and stay healthy by eating the Jewish way. The low-fat recipes are accompanied by nutritional tips and recommendations for accompanying dishes and courses as well as guidance and weight loss tips to help you develop lasting healthy eating habits to help you stay slim.

For further information about The Light Jewish Cookbook and to talk to Sylvie Jouffa and Annick Champetier de Ribes please contact Bethan Jones at MGA on 020 7836 4774 or email bethan@mga-pr.com