



## **Eat & Stay Slim (Better Homes and Gardens)**

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# Eat & Stay Slim (Better Homes and Gardens)

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For all members of the family—more than 108 everyday, delicious recipes that are low in calories and fat, making them ideal for those wanting to lose weight.

Recipes developed by a registered dietitian and tested in the Better Homes and Gardens Test Kitchen.

Exchange information provided with every recipe for easier calorie control based on the latest guidelines from the American Diabetes Association.

Chapters are divided into five sections: Breakfast, Main Dishes, Side Dishes, Desserts, and Snacks & Appetizers. Also includes a special section on Helping Your Child Grow Up Slim.

Nutrition Facts with every recipe in a new easy-to-read vertical column format, include the percent Daily Values for calories, total fat, saturated fat, sodium, cholesterol, carbohydrates, fiber, and protein.

Special page to write an individualized meal plan, can be photocopied to carry along for easy reference.

One week's worth of menus, plus special-occasion menus.

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