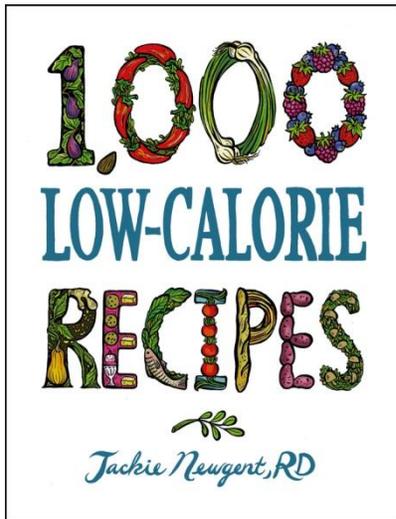


## News

### FOR IMMEDIATE RELEASE

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*An unmatched collection of delicious low-calorie recipes*



## 1,000 Low-Calorie Recipes

By Jackie Newgent, RD

Cookbook author and Registered Dietitian Jackie Newgent has taken the challenge out of eating healthfully. Through her philosophy, tips, motivation and of course recipes, eating a balanced healthy diet is now made easy and accessible.

**1,000 LOW-CALORIE RECIPES** (Wiley, Hardcover; \$35.00, October, 2012) is an incredible book; providing more than just recipes it also teaches readers the principles of a healthy diet, what foods are packed with nutrients and how to eat. Jackie gives advice on how to stock a low-calorie pantry, tips on maintaining a healthy weight, techniques on low-calorie cooking and substitutions for sweet and savory ingredients. Additionally:

- Recipes cover every meal of the day including small plates, finger foods, snacks, meat entrees, pizzas, desserts and even alcoholic beverages.
- No recipe is over 500 calories, and most are under 300; every recipe has full nutrition information.
- Sample menus for any time of day and every season of the year
- Easy-to-follow guidance for giving favorite recipes a “makeover”.

The recipes in **1,000 LOW-CALORIE RECIPES** are easy to make and take the guesswork out of portion control and calorie counting. The tasty, low-calorie recipes will help readers stay trim and healthy without giving up their favorite foods.

## **ABOUT THE AUTHOR**

**Jackie Newgent**, “the natural culinary nutritionist,” is a New York City-based chef, registered dietitian, media personality, and a past national media spokesperson for the Academy of Nutrition & Dietetics. She’s the author of 1,000 Low-Calorie Recipes, Big Green Cookbook, and the award-winning The All-Natural Diabetes Cookbook. Jackie is a recreational culinary instructor at the Institute of Culinary Education, nutrition consultant for the “Healthy Children Healthy Futures” program, frequent contributor to Health magazine, and freelance recipe developer for Food Network Kitchens. She's on the editorial advisory board of Fitness magazine. Plus, Jackie can be seen as host of healthy cooking videos on eHow.com and her unique recipe makeovers can be found on her blog, "tasteovers by jackie." Jackie, a lover of plant-based cuisine, invites you to visit her Web site [jackienewgent.com](http://jackienewgent.com), follow her on Twitter @jackienewgent, and LIKE her Facebook page: Jackie Newgent.

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### **1000 Low-Calorie Recipes**

Jackie Newgent

Wiley Hardcover | October, 2012 | \$35.00 | ISBN: 978-0-470-90257-8 | 672 pages

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