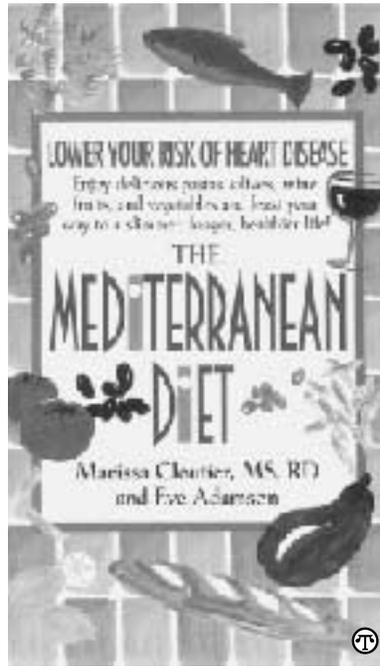


HEART HEALTHY EATING

Enjoying A “Weigh Of Life”

(NAPSA)—A new diet book affirms that “Life is for savoring and food is a glorious and beautiful expression of life.”

The book, *The Mediterranean Diet* (Harper Torch, \$5.99), by Marissa Cloutier, MS, RD, and Eve Adamson, is a fun-filled eating excursion of Mediterranean-health conscious dishes.



One diet book says you can feast your way to a healthier, slimmer, longer life.

The authors present their version of the *Mediterranean Diet*, based on scientific research, which allows followers of the diet to enjoy delicious pastas, olives, wine, fruits and vegetables.

The book invites readers (and eaters) into the world of this sun-drenched, succulent and irresistibly delicious way of eating by providing:

- In-depth nutritional information about each food category;
- Luscious soup-to-nuts recipes;
- Ways to prepare dishes that satisfy taste buds and help you lose weight, too.

The Mediterranean Diet is available at local bookstores, or by logging onto the Web site www.harpercollins.com.