

## HOW TO GET YOUR COPY

### 1 BOOKSHOPS

Both the Australian Healthy Shopping Guide 2009 (ISBN 9781741668247) and the Australian Healthy Cooking Guide (ISBN 9781741667929) can be purchased at all good bookshops Australia wide.

### 2 ORDER THROUGH CARON MILHAM & ASSOCIATES

Use the order form provided below to order your copy and have it sent directly to your door!

Post to: PO Box 674, Blackwood SA 5051  
 Fax to: (08) 8377 2613  
 Email to: admin@milhamdietitians.com

**SPECIAL BONUS - Order both books through Caron Milham & Associates and you will receive 10% off!**

# Take the guess work and the hard work out of shopping and cooking!

Want to choose the best and healthiest food for you and your family when you go shopping?



- Identify food items that are higher in nutrients and fibre and lower in sugar, fat, salt and kilojoules
- Get to grips with the nutrition information panel and ingredients list so you can compare competing brands
- Understand nutrition claims on labels to avoid the hype
- The ideal shopping companion if you're watching your weight, or managing conditions such as diabetes, high cholesterol or high blood pressure.
- Fully updated and revised

Want to lose weight, manage your blood sugar and cholesterol levels and eat great tasting food?



- Warming soups – try Lamb and Brown Lentil or Sweet Potato and Leek
- Light and flavoursome fish – try Fish Provencal
- Family-friendly meat – try Beef Lasagne or Greek Lamb Casserole or Coriander Yoghurt Chicken
- Vegetarian Delights – try Spinach and Cheese Cannelloni
- Healthy recipes for the kids – try Corn Fritters or Rock Cakes
- Yummy Desserts – try Quick'n'Easy Cheesecake with Berry Sauce

Visit Caron's website regularly for FREE recipes, information and tips on shopping, diet, nutrition and weight loss.

[www.milhamdietitians.com](http://www.milhamdietitians.com)

## ORDER FORM

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### ORDER DETAILS:

QTY	DESCRIPTION	PRICE
	Australian Healthy Shopping Guide 2009	\$24.95
	Australian Healthy Cooking Guide	\$24.95
	<b>SPECIAL: Both Guides with 10% off</b>	<b>\$45.00</b>
	Relaxation and Creative Visualisation CD	\$24.95
1	Postage and Handling*	\$8.80

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