



29. Non-Fiction – Nutrition and Health

OMEGA 3 CUISINE by Alan Roettinger with Udo Erasmus

Udo Erasmus' groundbreaking book, *Fats that Heal, Fats that Kill* became the industry's bible on healthful fats. Udo has since developed an oil blend that contains the optimum balanced level of all essential fatty acids necessary for health. "Udo's Oil" is the focus of this innovative book.

Omega 3 Cuisine combines haute cuisine using healthful fats with Alan Roettinger's culinary expertise bringing elegance and exquisite taste to every dish he creates. Obtaining essential fatty acids has never been so easy or delicious.

Also includes:

- valuable information on healthful fats and essential fatty acids
- humorous quips to keep you laughing while you cook
- interesting tidbits about the origins of various ingredients
- clear, concise instructions to ensure consistent success

- Book Publishing Co., 2008
- 256 pages, 20,5 X 24 cm
- \$19,95 Paperback