

Delicious and healthy recipes according to the basic rules of *The Diet Compass*



Bas Kast
**The Diet Compass –
The Cookbook**
[Der Ernährungs Kompass - Das
Kochbuch]
111 recipes for healthy
indulgence

C. Bertelsmann
224 pages
0 colour illustrations
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Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author.

Michaela Baur, born in 1971, studied nutritional science at the University of Munich and works as a food author.

With *The Diet Compass* science journalist Bas Kast stormed the bestseller lists. On the basis of countless studies focussing on food and eating, Bas Kast has demonstrated that a healthy diet supporting weight control has nothing to do with counting calories and that many clichés are out of date. The What and When of our eating habits are far more important.

Now, in collaboration with recipe developer Michaela Baur, he has compiled a cookbook based on the conclusions drawn in his *Diet Compass* to take us through the day: 111 recipes and instructions for healthy eating at home and at work, with a traffic light food labelling system for every recipe. With their texts and accompanying illustrations the two cooking freaks prove that health and good eating are not mutually exclusive.

Press

"Never before has healthy food been so delicious!" *geniallokal*

"worth reading, informative, delicious" *rtv*

"With 111 recipes in text and picture, the two cooking enthusiasts prove that health and enjoyment are not mutually exclusive." *Südring-Zeitung*