



GI Jane: Lisa Lintner in the kitchen.

Photo: Stephen Baccon

## SWEET REWARD AFTER LOW-GI COOKING CLASSES

Health&Science has reported on several studies demonstrating the benefits of low-GI eating, particularly for the many who are overweight, have polycystic ovarian syndrome or type 2 diabetes.

There are a number of good books available that expound upon the GI principles, particularly those by Professor Jennie Brand-Miller and colleagues. However, if you want a bit of human interaction and to experience how delicious and easy to prepare nutritious meals can be, Lisa Lintner, the cordon bleu-trained cook

who created the recipes for several of the Brand-Miller bestsellers, now runs low-GI cooking demonstrations in Crows Nest.

The classes are intended to make the most of seasonal produce. Lintner's appreciation of the aesthetics, flavour and nutritional value of good produce is contagious, but the best part of the classes is chowing down at the end.

Individual coaching and classes are also available. Phone 9918 3141 or 0412 800 880. The classes cost \$100 and the next are on May 31 and June 1.