



press release

Contact: Diane Steinert
steinert@wneo.pbs.org
330-677-4549

FOR IMMEDIATE RELEASE

America's Home Cooking: Healthy Recipes Airs on PBS 45 & 49

KENT, Ohio – Wednesday, March 2, 2005 — **Healthy Recipes**, the latest installment in the **America's Home Cooking** series, proves that food that's good for you doesn't have to taste bad. Hosts Chris Fennimore and Nancy Polinsky offer viewers a wide range of recipe options that can be used to improve their diets and still satisfy their quest for interesting and delicious meals. It airs on PBS 45 & 49 on Saturday, March 5 at 10 a.m.; Sunday, March 6 at 9 a.m. and 2 p.m.; and Thursday, March 17 at 8 p.m..

“In order to provide the most variety, our program and the accompanying cookbook will have three different sections — low-fat, low-calorie and low-carb,” said Fennimore. The first section deals with recipes that reduce saturated fat in the diet. The second section is devoted to low-calorie recipes that use fresh ingredients and judicious substitutions that help dieters achieve their goals. Finally, the hosts focus on low-carb eating. This diet is useful not only to those who are trying to lose weight, but also to the nearly 44 million Americans who suffer from Type 2 diabetes. Control of blood sugar levels through diet is an important part of any regimen.

Healthy Recipes is the eighth installment in the **America's Home Cooking** series, which includes **Crock Pot, Cookies, Italian, Comfort Food, Casseroles and Covered Dishes, Quick and Easy** and **Appetizers**.

PBS 45 & 49 is owned and operated by Northeastern Educational Television of Ohio, Inc., a private, nonprofit corporation. A trusted community resource, PBS 45 & 49 uses the power of non-commercial television and related services to enrich the lives of people through high-quality programming and educational services that teach, illuminate and inspire.

-###-

PBS 45 & 49

Northeastern
Educational Television of
Ohio, Inc.

1750 Campus
Center Drive

P. O. Box 5191

Kent, Ohio

44240-5191

Phone
330.677.4549

Fax
330.678.0688

E-mail
questions@wneo.pbs.org

Web Site
www.pbs4549.org