

Thomson Career and Professional Group Launches Series for Heart and Diabetic Healthy Cooking with Judy A la Carte

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Honoring November as National Diabetes Month, the Three-Book Series Launched to Offer Fast and Fabulous Cuisine for Healthy Living

ALBANY, N.Y., Nov. 7 /PRNewswire-FirstCall/ -- Thomson Career and Professional Group, a leading provider of tailored learning solutions for customers in the educational, computer and professional markets, and part of The Thomson Corporation, today announced the launch of Fast and Fabulous, a three book culinary series focused on a healthy, simple, and elegant approach to eating. Author and radio personality, Judy Gilliard (better known as Judy A la Carte) is committed to healthy living and all three books in the series are heart and diabetic healthy. The Fast and Fabulous series includes:

Fast and Fabulous -- Flavor Secrets

This book shows readers how to use herbs and spices to put flavor into low-fat, low-calorie, low-cholesterol cooking. Flavor Secrets shares the secrets of smart cooking and proves that healthy meals can be full of flavor and richness. One of the best methods to make healthy foods more appealing is by using the appropriate herbs and spices. This book guides readers through different herbs and spices and provides convenient charts on how best to use them. Flavor Secrets also offers creative ideas on how to make special herb blends and includes useful information on harvesting, drying, and storing homegrown herbs and spices.

Fast and Fabulous -- Quick Cuisine

Quick Cuisine provides solutions to the dilemma of creating fresh, lower calorie meals that taste great and don't require a lot of advance planning and preparation. Each recipe in the book includes health guidelines with nutritional breakdowns that are compatible with those of the American Diabetes Association and the American Heart Association. Readers will be inspired by this complete "something for everyone" book that's packed with recipes and important information for anyone interested in time saving ways to keep meals interesting; healthy; and most importantly, great tasting.

Fast and Fabulous -- Today's Gourmet

This book maintains the same healthy eating approach as the others in the series, but does it with a multicultural twist, introducing the reader to many different types of foods and menus. International cuisines covered include Mexican, Spanish, French, German, and Russian; and each chapter includes relevant cultural information about the different types of cuisines. Helpful tips include how to use the local butcher for the best advantage, how to keep the pantry properly stocked, essential equipment for the kitchen, and many more. With recipes for appetizers, main dishes, side dishes, and desserts, Today's Gourmet is a perfect fit for those who like to entertain, eat wisely, and be creative.

"The new Fast and Fabulous series marks our entrance into the culinary space and we are excited to work with Judy A la Carte to provide instruction for healthy and savory cuisine," said Greg Burnell, president of Thomson Career and Professional Group for Thomson Learning. "As a leading provider of lifelong learning materials, the launch of this series is yet another way in which we are serving customers with resources to meet their needs."

"I wanted to show people that healthy cooking can still be delicious," explained Judy Gilliard, author, Fast and Fabulous series. "Over the years, I have refined this collection of favorite recipes making them fun, fast and easy-to-follow and I am excited to be able to share them with others. Whether for a quick week-night dinner for family or an elegant meal for guests, readers will find these healthy recipes and tips to be a hit at mealtime."

Judy Gilliard has a syndicated cooking and entertainment radio talk show and is better known on the airwaves as Judy A la Carte. Having grown up in the restaurant business, Judy pursued her love of the hospitality business and obtained a degree in Hotel Restaurant Management. She also earned a teaching credential in food and food technology. Judy's background includes writing a monthly feature on entertaining for Emeril Lagasse on emerils.com for three years. She is a member of the International Association of Culinary Professionals, International Food Wine & Travel Writers Association, American Women in Radio and Television, and The American Institute of Wine.

About The Thomson Corporation and Thomson Learning Career & Professional Group

The Thomson Corporation, with 2004 revenues of \$8.10 billion, is a global leader in providing integrated information solutions to business and professional customers. With operational headquarters in Stamford, Conn., Thomson has approximately 40,000 employees and provides services in approximately 130 countries. Thomson Learning Career & Professional Group is a leading provider of tailored learning solutions for customers in the educational, computer and professional markets. It publishes under the brands of Thomson Delmar Learning and Thomson Course Technology.

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