

Food for thought

A Perth dietitian's cookbook has been nominated as one of the best health and nutrition books in the world. Truth, lies and chocolate was written by local dietitian Julie Meek, who set out to separate fact from fiction in relation to a range of food from artificial sweeteners to carbohydrates.

Shortlisted as a finalist in the 2010 Le Cordon Bleu World Food Media Awards, Ms Meek was pipped at the post for top honours by Antony Worrall Thompson's The Essential Diabetes Cookbook.

Julie Meek's book is available now at leading bookstores.

