

Dreading those Super Bowl Parties?

Afraid you'll dump those healthy New Year's resolutions in favor of football goodies?

Food Makeover Specialist Melanie Jordan shares her:

Super Bowl Secrets

Turn your Super Bowl favorites into healthier alternatives!

If your resolution was to lose weight and eat healthier you're probably dreading those Super Bowl parties. But dread no more, because food makeover guru Melanie Jordan can show you how to eat all your favorites without giving up on your resolutions!

Melanie Jordan, Health Coach, Food Makeover Specialist and author of *Have your Cheeseburger and Keep your Health Too!* says that many diets often end with those Super Bowl goodies. But your new year's resolutions don't have to end on January 26th!

Melanie Jordan will explain simple ways to make over your food. Her food makeover talk will show listeners how to eat:

- Hot wings
- Nachos
- Pizza
- Chips
- Chicken nuggets

...and keep their health too!

AVAILABILITY: Nationwide by arrangement and via telephone; available for last-minute interviews

BOOKING: Penny C. Sansevieri - Author Services/Media Relations

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CREDENTIALS: *Melanie Jordan is a health coach, author and advocate of using plant-based proteins to turn all of our favorite foods into health foods. Her book Have Your Cheeseburger and Keep Your Health Too! shows people how it is possible to eat all their favorite comfort foods and still enjoy the benefits of a healthier lifestyle without a lot of sacrifice. Dr. Lori Hickson, M.D. offers the following comments on Melanie's book: "Her down-to-earth way of showing people how to adopt healthier eating habits with their favorite foods is a winner. I wish I could get more of my patients to adopt this kind of healthy eating style!" You can visit Melanie's web site at www.healthyeatingcoach.com.*