

# VITALLY IMPORTANT! – THE COOKBOOK

## THE BEST FOOD FOR A LONG AND HEALTHY LIFE



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## Livsviktigt! – Kokboken

Mai-Lis Hellénus  
200x250, 192p

*Over 100 recipes of Mediterranean-inspired dishes which according to research make us healthier.*

Here is the follow-up volume to Professor Mai-Lis Hellénus' breakthrough book *Vitally Important!* in the form of a cookbook with over 100 selected recipes to promote a healthy lifestyle. All the tips and recipes in the book are based on scientifically-tested research, having traditional Mediterranean food as its centrepiece. Since 2010 traditional Mediterranean food has been elected to the UNESCO world heritage list and as well as it being a varied and fantastically tasty food tradition, studies have repeatedly shown it to be the best diet for a healthy and long life.

## About the author

**Mai-Lis Hellénus** is a professor at *Karolinska Institutet* and chief physician in the coronary department's lifestyle clinic, *Hjärtkliniken, Karolinska Universitetssjukhuset*. Besides her work with patients and research she sees it as her life's task to help more people change their lifestyle. To take exercise and stay active. For more than 35 years this thread has been constant in her work and she was among the first in the world in the area of lifestyle diagnosis, in 1987 making a prescription for physical activity. Mai-Lis lectures constantly, both in Sweden and internationally and has contributed to a diverse range of publications.

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