

Low Fat Low Carb
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Cordon Bleu Chef Runs New Campaign for Healthier Living. Literally.
Chef Verati races across Canada to promote the start of his new campaign.

Ottawa, ON: Chef Verati is launching a new campaign to promote healthier living. He is working to raise awareness and teach people that eating healthier is just the beginning—a healthier lifestyle, body, and mind are within reach for everybody.

When changing to healthier habits, Verati noticed that a lot of people trying to eat healthier felt there wasn't a lot of variety in their meals. This is what inspired him to create Low Fat Low Carb; his website includes hundreds of delicious, healthier recipe options and new recipes are added every week.

Verati's healthier eating mantra doesn't mean you have to cut the fat completely from your diet. It's all about knowing exactly what goes into your meals and how to make sure you're eating the right *kind* of fat. This is the philosophy behind his website.

"Low Fat Low Carb users want to know more about what they're eating," says Verati. "Restaurant cooking involves a lot of butter and oils, but you can still have a gourmet meal as long as you're mindful of what kinds of fats you're using."

Verati is also aware that a universal approach to cooking doesn't benefit everyone. Different people have different nutritional needs, and whatever your nutritional requirements, everyday cooks are sure to be inspired by his easy-to-follow recipes that accompany a healthier lifestyle.

The Low Fat Low Carb website provides nutritional information for each individual recipe, a "tips and tricks" section with tutorials and videos on helpful kitchen techniques, as well as a [toolbox](#) to assist you in meeting your health goals.

"Maintaining a healthier lifestyle happens both in and out of the kitchen," says Chef Verati. "That's why I've dedicated myself to running, staying fit, eating healthier, and helping others do the same."

Throughout the summer, Verati is participating in races all across Canada to promote the start of his new campaign and the upcoming website redesign. The updated website will feature more recipes, broader and easier-to-search categories, and more tools to help you and everyone else on the path to a healthier lifestyle.

About LowFatLowCarb.com: A former Le Cordon Bleu teacher, Chef Verati was obese with a heart condition when he decided to turn his life around. Today, 100lbs lighter and an avid runner, he is the executive chef behind Low Fat Low Carb, a healthier cooking and nutrition website offering recipes as well as tips and tricks to help others lose weight and reclaim their health as he did.

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