

500 ALIMENTI and 500 RECIPES

La Mia Tavola Sapori e Sapere

The diet has become interactive. Navigating among one thousand aliments and recipes of the domestic and international cooking, everyone can make his own menu, knowing the nutritive value of aliments and their effects on health. All can be done by using a data base that has no comparison for the quantity and quality of the information included. It is possible to calculate the Body Mass Index or the personal caloric needs. This CD-ROM can also be used as an electronic recipe book that enables to discover, thanks to videos, all the secrets of the most famous cooking techniques.

Produced by OPERA ARIETE TELEMEDIA

COMPACT disc DATA STORAGE

**Platform CD-ROM
Language ITALIAN**

1996

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