

# Why does Chef Jon Ashton make a *delicious* interview subject?

*"Jon Ashton will be a TV Star. He's got what it takes to make it!"*

– Wolfgang Puck

British-born and trained Chef Jon Ashton has become a smash success in America starring in his own television show, "The Mad Chef", as well as recent appearances on "The Tonight Show with Jay Leno", "The Daily Buzz", "The Today Show", "Food Network" and "iVillage TV" and many more.

Jon's engaging enthusiasm, wit and sense of humor combined with his professional cooking skills and his personal story of overcoming obesity, make him a fascinating guest for television and radio. Did we mention his charming British accent?

## Get the dish on these great interview topics:

**Generation O:** Why Jon is so compelled to fight the war against childhood obesity? This epidemic impacts over 12 million children (ages 2-19) in the United States. Formerly obese himself, Jon is well versed in all the health issues related to obesity including diabetes, high blood pressure, heart disease and cancer.

**Partnership with Fit & Fresh:** How to prepare and pack healthy, delicious meals and snacks on-the-go in less than ten minutes.

**Battle of the Bulge:** The personal story of a television chef shedding 60 pounds while surrounded by temptation.

**Attention Mom:** How to change up your children's meals and snacks into healthy alternatives with little to no fussing!

**Growing up in Liverpool:** Learn the difference between English and American foods, obesity, portions and health issues.

**Why take-out when you can take-in?** Jon gives all time favorite take-out foods a healthy make-over saving hundreds of empty calories per serving!

**Food and flavor trends for 2007:** What's in? World flavors! What's out? Trans Fats.

**All the Dish on Celebrity Chefs:** Jon's worked with lots of them including Rachael Ray, Wolfgang Puck, Bobby Flay, Emeril Lagasse, Al Roker (yes, Al Roker!), George Foreman and many more!



Book Jon today!

Contact: Laura Davis,  
207-755-9470 or cell 207-240-9693 [laura@rinckadvertising.com](mailto:laura@rinckadvertising.com)

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