

## Healthy-Eating Cookbooks & Resources



### BOOKS AVAILABLE THROUGH LARGE BOOK STORES & ON LINE

#### ***Vegetarian***

##### Moosewood Restaurant Low-Fat Favorites

by: Moosewood Collective - Random House, Inc 1996.

*Flavorful recipes for healthful meals. There is a nutritional description of each recipe. A vegetarian cooking glossary is also included.*

##### Mollie Katzen's Vegetable Heaven

by: Mollie Katzen – Hyperion Press, 2000.

*A broad range of fairly simple and often imaginative vegetarian dishes. This is a nice edition on the bookshelf of any cook.*

##### Cooking the Whole Foods Way

by: Christina Pirello – Berkley Publishing Group, 1997.

*Your complete, everyday guide to healthful delicious eating. With 500 recipes, menus, cooking techniques, meal planning, food purchasing tips.*

##### Soy of Cooking

by: Marie Oser– Wiley, John & Sons, Inc., 1996.

*Easy-to-make vegetarian, low-fat, fat free & antioxidant rich gourmet recipes*

##### Vegetarian Times Complete Cookbook

by: The editors of Vegetarian Times magazine – Hungry Minds, Inc., 1995.

*More than 600 delicious and healthful meatless dishes. Also included are tips to plan a vegetarian diet, cooking techniques, menus and more.*

#### ***Healthy Cooking***

##### **The Healthy Kitchen:** Recipes for a Better Body, Life and Spirit

Andrew Weil , Rosie Daley; Alfred A Knopf Publishing, 2002

*Food is one of the great pleasures of life, and in The Healthy Kitchen, Andrew Weil, M.D., and Rosie Daley show us how to create wonderful meals that are as good for the body as they are for the soul. These two authorities on healthy living and cooking offer their expertise in a lively and engaging collaboration filled with innovative and enticing recipes and advice for a better body, life, and spirit.*

##### The New American Heart Association Cookbook

by: The American Heart Association – Crown Publishing, 2001.

*This volume has recipes that prove you can eat deliciously for a healthier heart. Includes a complete nutritional analysis for each recipe, including saturated fat, cholesterol, sodium, calories, fiber, and more.*

##### Eater's Choice

by: Dr. Ron Goor & Nancy Goor – Houghton Mifflin Co., 1999.

*This fourth edition features 200 revised recipes, detailed analysis of the new food labels and their claims, and expanded food tables listing fat and calorie contents of more than 3,000 commercial foods.*

##### The New American Diet

by: Sonja L. Connor, MS, RD & William E Connor, MD – Simen & Schuster Trade, 1988.

*The 350 recipes provide appealing ideas and menu suggestions for everything from appetizers to dessert.*

Feeding the Whole Family: Whole Foods Recipes for babies, young children and their families

by: Cynthia Lair – Moon Smile Press, 1997.

*Do not let the title sway you, this is a great cookbook for everyone. This cookbook has simple, whole-foods recipes with tips on how to adapt dishes for children. Index, glossary and nutritional analysis of recipes included as well.*

Available on-line at: <http://www.feedingfamily.com/>

Healthy Life Kitchen

by: Marilu Henner – Harper Collins Publishers, Inc., 2000

*Favorite recipes collected from cookbooks, friends and family. Easy and imaginative recipes made from fresh fruits, vegetables, grains, soy, seafood, poultry and seasonings. Also, includes tips on ways to convert your favorite recipes to healthier ones.*

Jane Brody's Good Food Book

by: Jane Brody – Doubleday Dell Publishing, 1986.

*Jane Brody is famous for her sensible, well-researched analyses of health issues for The New York Times. Her cookbook is a good source for how to stock the kitchen with the right foods, plan menus wisely and pick up healthier habits in cooking and eating.*

No Red Meat

by: Brenda Shriver & Ann Tinsley – Fisher Books, 1989.

*Over 300 delicious, low fat and low cholesterol poultry, seafood and meatless recipes.*

Totally Dairy-Free Cooking Delicious Recipes for People Who Are Lactose-Intolerant, & for a Healthier Way of Eating

by: Louis Lanza & Laura Marten Morrow – Morrow, William & Co., 1999.

*The authors present delicious and imaginative recipes that taste great, you'd never know the dairy is missing. Cookbook utilizes brand-name and easily available products. Look for recipes like chicken fajitas with cilantro-walnut pesto. Nutritional information accompanies each recipe.*

***Low Sodium Cooking***

The No Salt, Lowest-Sodium Cookbook

by: David A. Gazzaniga – St. Martin's Press, 2000.

*100's of favorite recipes adapted to fit a low sodium diet.*

***At the Living Earth (232-24 Chandler St. Worcester, MA - ph:508-753-1896)***

<http://www.lefoods.com>

Healthy Cooking for Kids, Building blocks for a life time of good nutrition

by: Shelly Null - St. Martin's Press, 1999.

*Nutritious meals with flavor and fun!*

Natural Meals in Minutes

by: Rita Bingham – Natural Meals Publishing, 2000.

*High-fiber, low fat meatless meals in 30-minutes or less.*

Vegetarian Lunchbasket

by: Linda Haynes – New World Library, 1999.

*Over 225 low fat, nutritious breads, spread, soups, sandwiches, main dishes and don't forget desserts!*

### The Voluptuous Vegan

by: Myra Kornfeld & George Minot – Crown Publishing Group, 2000.

*More than 200 sinfully delicious recipes for meatless, eggless and dairy-free meals. Also includes menu planning tips.*

### **Magazines & Newsletters**

**Found in bookstores, grocery stores, many libraries and by subscription.**

#### Natural Health

*Magazine with a focus toward natural health, wellness and recipes.*

To subscribe: P.O. Box 37474, Boone, IA 50037-0474; 515-246-6952.

#### Cooking Light

*Magazine devoted to food and fitness with wonderful, healthful recipes.*

To subscribe: PO Box 830549 Birmingham, AL 35282-9810

On-line: <http://www.cookinglight.com>

#### Environmental Nutrition

*A monthly newsletter with timely food and nutrition information. Practical advice on best and worst food choices.*

Address: P.O. Box 420449, Palm Coast FL 32142-9729

#### Nutrition Action Health Letter

*An informative newsletter on nutrition, diet and food safety published by the Center for Science in the Public Interest. Ten issues per year.*

Address: 1875 Connecticut Ave., NW, Washington DC 20009

On-Line: [www.cispinet.org](http://www.cispinet.org)

#### Tufts University Health & Nutrition Letter

*A newsletter delivered monthly that contains information on nutrition, dietary supplements and health.*

Address: PO Box 420235, Palm Coast, FL 32142-9821

On-line: [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu)

#### Vegetarian Times

*A colorful magazine with flavorful vegetarian recipes and nutrition-related articles.*

Subscription: (877) 328-7048

On line: [www.vegetariantimes.co](http://www.vegetariantimes.co)

### **Websites to Explore**

Consumer Laboratories

<http://www.consumerlab.com>

*Provides independent test results and information to help consumers evaluate health, wellness, and nutrition products. Test results are published on-line.*

Cooking Light Magazine

<http://www.cookinglight.com>

*This interesting website contains recipe finder, menu ideas, chat room with other cooks and a cooking class page (examples include how to cook Mexican, Italian and Cooking 101).*

Christina Cooks

<http://www.christinacooks.com>

*This website has an extensive library of whole-foods recipes and selective health tips.*

CaP Cure, Association for Cure of Cancer of the Prostate

<http://www.capcure.org>

*An extensive website dedicated to the healthy lifestyle for prostate cancer prevention and treatment of prostate cancer.*