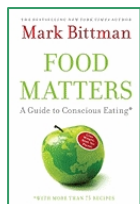


Library Resources: Cookbooks & Books on Nutrition

General Nutrition



American Dietetic Association Complete Food and Nutrition Guide (2006) by Roberta Duyff.

Food Matters: A Guide to Conscious Eating with More than 75 Recipes (2009) by Mark Bittman.

Nutrition for Dummies (2004) by Carol Ann Dinzler.

General Cookbooks

The Accidental Vegan (2009) by Devra Gartenstein.

The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life (2005) by the American Institute for Cancer Research.



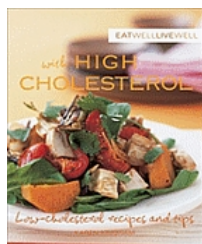
Simple Choices for Healthier Eating (2008) by Sondra Lewis & Dorie Fink.

The Wellness Kitchen: Bringing the Latest Nutrition Information to Your Table (2003) by the Staff of the Wellness Kitchen and the Editors of the UC Berkley Wellness Letter.

Whole Grains for Busy People: Fast, Flavor-Packed Meals and More for Everyone (2009) by Lorna Sass.

Eating & Cooking for the Heart

The Cardiac Recovery Cookbook: Heart-Healthy Recipes for Life after Heart Attack or Heart Surgery (2005) by M. Laurel Cutlip.



Eat Well Live Well with High Cholesterol: Low-Cholesterol Recipes and Tips (2009) by Karen Kingham.

Eating Well for a Healthy Heart Cookbook: A Cardiologist's Guide to Adding Years to Your Life (2008) by Philip Ades.

Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol (2008) by the American Heart Association.

Eating & Cooking for Weight Management

Eat Fit, Be Fit: Health and Weight Management Solutions (2007) by Linda Arpino.

Eat, Drink, and Weigh Less: A Flexible and Delicious Way to Shrink Your Waist without Going Hungry (2007) by Mollie Katzen & Walter Willett.

Eat This, Not That!: Thousands of Simple Food Swaps That Can Save You 10, 20, 30 Pounds—or More! (2008) by David Zinczenko.



The No-Fad Diet: A Personal Plan for Healthy Weight Loss (2005) by the American Heart Association.

Recipes for Life after Weight-Loss Surgery: Delicious Dishes for Nourishing the New You (2006) by Margaret Furtado & Lynette Schultz.



OSF Center for Health Resource Library

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<http://library.osfsaintfrancis.org/healthinfo.asp>

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Hours: Monday — Friday, 8:00 AM — 4:30 PM
Closed Noon—12:30

Information requests taken by phone
Materials check out for 4 weeks—no special card required—materials may be returned by US Mail

This is only a selected list of Library resources on this topic. If you don't see what you are looking for, please ask, or stop in and browse the collection.

Eating & Cooking for Chronic Conditions

Eat Well, Live Well with ISB: High-Fibre Recipes and Tips (2008) by Susanna Holt.

Easy-to-Swallow, Easy-to-Chew Cookbook: Over 150 Tasty and Nutritious Recipes for People Who Have Difficulty Swallowing (2002) by Donna Weihofen et al.

Crohn's & Colitis Diet Guide (2008) by Allan Steinhart.

Great Healthy Food for Strong Bones (2003) by Fiona Hunter & Emma-Lee Gow.



Healthy Eating for Prostate Care (2009) by Margaret Rayman *et al.*

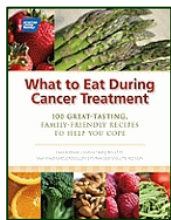
Tell Me What to Eat If I Have Celiac Disease (2009) by Kimberly Tessmer.

What to Eat When You Can't Eat Anything: The Complete Allergy Cookbook (2004) by Chupi & Luke Sweetman.

Eating & Cooking for Cancer

Betty Crocker's Living with Cancer Cookbook (2002).

Eating Well, Staying Well during and after Cancer (2004) by Abby Bloch *et al.*



What to Eat during Cancer Treatment: 100 Great-Tasting, Family-Friendly Recipes to Help You Cope (2009) by Jeanne Besser *et al.*

What to Eat If You Have Cancer: Healing Foods that Boost Your Immune System (2007) by Maureen

Keane & Daniella Chace.

Eating & Cooking for Diabetes

101 Tip on Nutrition for People with Diabetes (2006) by Patti Geil & Lea Ann Holzmeister.

Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3 (2003).

Diabetes & Heart: Healthy Cookbook (2004) by the American Heart Association & the American Diabetes Association.

Diabetes & Nutrition: Changing Eating Behavior [DVD] (2007).

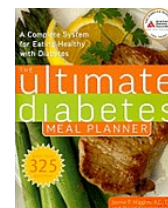
Diabetes Snacks, Treats & Easy Eats for Kids: 130 Recipes for the Foods Kids Really Like to Eat (2006) by Barbara Grunes.

The Family Style Soul Food Diabetes Cookbook (2006) by Roneice Weaver *et al.*

Month of Meals: Quick & Easy Menus for People with Diabetes series by the American Diabetes Association. (Library has numerous titles in series).

Quick & Easy Diabetic Recipes for One (2007) by Kathleen Stanley & Connie Crawley.

The Ultimate Diabetes Meal Planner: A Complete System for Eating Healthy with Diabetes (2009) by Jaynie Higgins & David Groetzinger.



What to Eat if You Have Diabetes: Healing Foods That Help Control Your Blood Sugar (2007) by Maureen Keane & Daniella Chace.

Eating & Cooking for Children

American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love (2009).

Eat, Play and Be Healthy: The Harvard Medical School Guide to Healthy Eating for Kids (2005) by W. Allan Walker.

The Everything Family Nutrition Book: All You Need to Keep Your Family Healthy, Active, and Strong (2009) by Leslie Bilderbeck.

The Healthiest Kid in the Neighborhood: Ten Ways to Get Your Family on the Right Nutritional Track (2006) by William Sears et al.

Real Good for Mother and Baby: The Fertility Diet, Eating for Two, and Baby's First Foods (2009) by Nana Planck.

Simple Food for Busy Families: The Whole Life Nutrition Approach (2009) Jeannette Bessinger & Tracee Yablon-Brenner.

