



# NutritionMatters

Nutrition Services | Health Services Department

## The Healthy Eating and Cookbook Shelf

Are you looking for current and reliable books on healthy eating or cookbooks with recipes that are nutritious and delicious? The nutrition staff at York Region Health Services recommends the following books because they offer great-tasting recipe ideas and the latest in nutrition and health information.



### Cookbooks

#### General

##### **Cook Great Food**

Dietitians of Canada. Robert Rose Inc., 2002.

##### **Great Food Fast**

Bev Callaghan and Lynn Roblin. Robert Rose Inc., 2000.

##### **500 Best Healthy Recipes**

Lynn Roblin. Robert Rose Inc., 2004.

##### **Crazy Plates**

Janet Podleski and Greta Podleski.  
Granet Publishing, 1999.

##### **Looneyspoons: Low-Fat Food Made Fun**

Janet Podleski and Greta Podleski.  
Granet Publishing, 1999.

##### **HeartSmart Cooking for Family and Friends**

Bonnie Stern. Random House Canada, 2000.

##### **More HeartSmart Cooking**

Bonnie Stern. Random House, 1997.

##### **The New Canadian Basics**

##### **Cookbook**

Carol Ferguson. Penguin Books Canada Ltd., 2001.

##### **The New Lighthearted Cooking**

Anne Lindsay. Key Porter, 2003.

##### **Flavours of Canada**

Anita Stewart. Raincoat Books, 2000.

##### **Rose Reisman's Enlightened Home Cooking**

Rose Reisman. Robert Rose Inc., 1996.

##### **Rose Reisman Brings Home Light Pasta**

Rose Reisman. Robert Rose Inc., 1995.

##### **Full of Beans**

Kay Spicer and Violet Currie. Gordon Soules Book Publisher, 1993.

##### **The Healthy Family: Cooking for the Rushed**

Sandi Richard. Rushed Inc., 2003.

**Savoury Wisdom: Delicious Healthy Recipes for Two**

Ellie Topp and Susan Hendricks.  
Prentice Hall Canada, 2001.

**More Vitality Cooking**

Monda Rosenberg and Frances Berkoff.  
HarperCollins Canada, 1997.

**The Complete Idiot's Guide to Low-Fat Cooking Canadian Style**

Pamela Steel and Brigit Legere Binns.  
Pearson Education Canada, 2000.

**The Complete Canadian Living Cookbook**

Elizabeth Baird. Random House  
Canada, 2004.

**Canadian Living's Best 30 Minutes and Light**

Elizabeth Baird and the Food Writers of  
Canadian Living Magazine. Random  
House Canada. 1998.

**Vegetarian**

**1001 Low-Fat Vegetarian Recipes  
(3<sup>rd</sup> Edition)**

Sue Spitler. Surrey Books Ltd., 2003.

**Tofu Mania**

Brita Housez. Centax Books, 1999.

**Rose Reisman's Light Vegetarian  
Cooking**

Rose Reisman, Robert Rose Inc., 1998.

**The Teen's Vegetarian Cookbook**

Judy Krizmanic. Puffin Books, 1999.

**Cooking Vegetarian**

Vesanto Melina. John Wiley and Sons,  
1998.

**Ethnic Cuisine**

**Multicultural Cooking: Light and Easy**

Kay Spicer. Gordon Soules Book  
Publisher, 1995.

**Caribbean Light**

Donna Shields. Doubleday, 1998.

**HeartSmart Chinese Cooking**

Stephen Wong. Douglas and McIntyre,  
1996.

**HeartSmart Flavours of India**

Krishna Jamal. Douglas and McIntyre,  
2003.

**Simply Thai Cooking**

Wandee Young and Byron Ayanoglu.  
Robert Rose Inc., 2003.

**Fat Free Italian Cookbook**

Anne Sheasby. Lorenz Books, 2000.



**Why not try foods from different cultures? Including foods from different cultures is a great way to add variety and excitement to your meals!**

## **Cooking with Children and Teens**

### **Clueless in the Kitchen: A Cookbook for Teens**

Evelyn Raab. Key Porter Books, 1998.

### **Someone's in the Kitchen with Mommy**

Elaine Moquette-Magee. Contemporary Books, 1998.

### **Canadian Living's Best Kids in the Kitchen**

Elizabeth Baird. Random House Canada, 1998.

### **Kids' Favourites Made Healthy: 150 Recipes You and Your Child Will Love**

Better Homes & Gardens. Meredith Books, 2003.

### **The Kids Can Press Jumbo Cookbook**

Judy Gillies and Jennifer Glossop. Kids Can Press Ltd., 2000.

### **Cooking Wizardry for Kids: Learn About Food... While Making Tasty Things to Eat!**

Margaret Kenda and Phyllis Williams. Barron's Educational Series Inc., 1990.



## **Books on Nutrition**



Look for nutrition books written by the expert – a Registered Dietitian (RD).

## **General Healthy Eating**

### **The HeartSmart Shopper: Nutrition on the Run**

Ramona Josephson. Douglas & McIntyre, 1999.

### **Leslie Beck's Nutrition Encyclopedia**

Leslie Beck. Prentice Hall Canada Inc., 2003.

### **Leslie Beck's 10 Steps to Healthy Eating**

Leslie Beck. Viking Canada, 2003.

### **The Ultimate Healthy Eating Plan: That Still Leaves Room for Chocolate**

Liz Pearson. Whitecap Books, 2002.

### **The American Dietetic Association Complete Food and Nutrition Guide (2<sup>nd</sup> Edition)**

Roberta Duyff. Wiley, 2002.

### **Power Eating: How to Play Hard and Eat Smart for the Time of Your Life**

Frances Berkoff. Key Porter, 2000.

### **Nancy Clark's Sports Nutrition Guidebook (3<sup>rd</sup> Edition)**

Nancy Clark. Human Kinetics, 2003.

**Becoming Vegetarian**

Vesanto Melina and Brenda Davis.  
Wiley, 2003.

**The Complete Idiot's Guide to  
Being Vegetarian in Canada**

Nettie Cronish, Barbara Selley and  
Suzanne Havala. Prentice Hall Canada,  
2000.

**The Enlightened Eater** (10<sup>th</sup> edition)

Rosie Schwartz. Macmillan Canada,  
1998.

**Healthy Babies and  
Children**

**Better Baby Food: Your Essential  
Guide to Nutrition, Feeding and  
Cooking for All Babies and  
Toddlers**

Daina Kalnins and Joanne Saab. Robert  
Rose Inc., 2001.



**Better Food for Kids: Your  
Essential Guide to Nutrition,  
Feeding and Cooking for All  
Children Age 2 to 6**

Daina Kalnins and Joanne Saab. Robert  
Rose Inc., 2002.

**The Womanly Art of Breastfeeding**

La Leche League International. Plume,  
1997.

**Feeding Your Baby the Healthiest  
Food: From Breast Milk To Table  
Foods**

Louise Lambert-Lagace. Stoddart  
Publishing Co. Ltd., 2000.

**Secrets of Feeding a Healthy  
Family**

Ellyn Satter. Ellyn Satter Associates,  
1999.

**Child of Mine: Feeding with Love  
and Good Sense**

Ellyn Satter. Bull Publishing, 2000.

**Raising Happy, Healthy, Weight-  
wise Kids**

Judy Toews. Key Porter Books Limited,  
2002.

**Some books and cookbooks are not always available. If you cannot find a particular book on the shelf at your local bookstore, ask the salesperson if they would be able to order it for you. If not, check with your local library.**

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