

Nutrition Matters

Nutrition Services, Community and Health Services

The healthy eating and cookbook shelf



Are you looking for current and reliable books on healthy eating? What about 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.

General cookbooks

500 Best Healthy Recipes

Lynn Roblin. Robert Rose Inc., 2004.

1,001 Best Low-Fat Recipes

Sue Spitler. Agate Surrey, 2007.

Crazy Plates

Janet Podleski and Greta Podleski.
Granet Publishing, 1999.

Great Food Fast

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

HeartSmart Cooking for Family and Friends

Bonnie Stern. Random House Canada,
2000.

The Best of Heartsmart Cooking

Bonnie Stern. Random House Canada,
2006.

Rose Reisman Enlightened Home Cooking

Rose Reisman. Rose Reisman, 2002.

Simply Great Food: 250 Quick, Easy and Delicious Recipes

Dietitians of Canada. Robert Rose Inc.,
2007.

The Complete Canadian Living Cookbook

Elizabeth Baird. Random House Canada,
2004.

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

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

The Family Dinner Fix: Cooking for the Rushed

Sandi Richard. Scribner, 2007.

The Flavours of Canada: A Collection of the Finest Regional Foods

Anita Stewart. Raincoast Books, 2006.

The New Canadian Basics Cookbook

Carol Ferguson. Penguin Books Canada
Ltd., 2001.

The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking
Anne Lindsay. Key Porter Books, 2005.

Weekday Wonders: Healthy Light Meals for Every Day
Rose Reisman. Pinguin Canada, 2004.

Ethnic cuisine cookbooks

Dish It Out (Middle Eastern)
Christine Cushing. Prentice Hall Canada, 2002.

HeartSmart Chinese Cooking
Stephen Wong. Douglas and McIntyre, 1996.

HeartSmart Flavours of India
Krishna Jamal. Douglas & McIntyre, 2003.

Hot, Sour, Salty, Sweet: A Culinary Journey Through Southeast Asia
Jeffrey Alford. Random House Canada, 2004.

Italian Express
Emily Richards. Harper Collins Canada, 2005.

Mangoes and Curry Leaves (Indian)
Jeffrey Alford and Naomi Dugnid. Random House Canada, 2005.

New Greek Cuisine
Pasparakis and Ayanoglu. Harper Collins Canada, 2005.

The Oy of Cooking (Jewish)
Susie Weinthal. M. Evans and Company, Inc., 2006.

The Real Jerk: New Caribbean Cuisine
Lily Pottinger. Arsenal Pulp Press, 2002.

Simply Thai Cooking
Wandee Young and Byron Ayanoglu. Robert Rose Inc., 2003.

Why not try foods from different cultures? With so many cookbooks representing places from all around the world, experiencing new foods is a great way to add variety and excitement to your everyday meals!



Vegetarian and vegan cookbooks



1,001 Low-Fat Vegetarian Recipes
Sue Spitler. Surrey Books, 2006.

Becoming Vegetarian
Vesanto Melina and Brenda Davis. John Wiley and Sons Ltd., 2003.

ExtraVeganza
Laura Matthias. New Society Publishers, 2006.

Foods That Don't Bite Back: Vegan Cooking Made Simple
Sue Donaldson. Whitecap books, 2003.

Fresh at Home Cookbook
Ruth Brown. Penguin Canada, 2004.

Rebar: Modern Food Cookbook
Audrey Alsterburg and Wanda Urbanowicz. Big Ideas Publishing, 2001.

reFresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants (New edition)
Ruth Tal and Jennifer Houston.
Wiley, 2007.

Rose Reisman Light Vegetarian Cooking
Rose Reisman. Rose Reisman, 2002.

The Teen's Vegetarian Cookbook
Judy Krizmanic. Puffin Books, 1999.

Tofu Mania
Brita Housez. Marlowe & Company, 2005.

Cookbooks for cooking with children and teens



Clueless in the Kitchen: A Cookbook for Teens
Evelyn Raab. Key Porter Books, 2004.

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
Better Homes & Gardens. Meredith Books, 2003.

Kitchen for Kids: 100 Amazing recipes your children can really make
Jennifer Low. Whitecap books, 2004.

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

The Jumbo Vegetarian Cookbook
Judi Gillies and Jennifer Glossop. Kids Can Press Ltd., 2001.

Cooking Wizardry for Kids: Learn About Food... While Making Tasty Things to Eat!
Margaret Kenda and Phyllis Williams. Barron's Educational Series Inc., 1990.

Nutrition books on general healthy eating

Heartsmart Nutrition
Romona Josephson. Douglas & McIntyre, 2003.

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.



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

... nutrition books on general healthy eating continued ...

**American Dietetic Association
Complete Food and Nutrition Guide**
(3rd edition)
Roberta Larson Duyff. Wiley, 2006.

**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** (3rd edition)
Nancy Clark. Human Kinetics, 2003.

Becoming Vegetarian
Vesanto Melina and Brenda Davis.
Wiley, 2003.

**Enlightened Eater's Whole
Foods Guide**
Rosie Schwartz. Viking Canada, 2003.

**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.**



Nutrition books on healthy babies and children



The Womanly Art of Breastfeeding
La Leche League International.
Plume, 2004.

**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.

**Child of Mine: Feeding with Love
and Good Sense**
Ellyn Satter. Bull Publishing, 2000.

**Feeding Your Baby the
Healthiest Foods**
Louise Lambert-Lagacé. Stoddart
Publishing Co. Ltd., 2000.

**Raising Happy, Healthy, Weight-
wise Kids**
Judy Toews. Key Porter Books Limited,
2002.

**Secrets of Feeding a Healthy
Family: Orchestrating and Enjoying
the Family Meal**
Ellyn Satter. Kelcy Press, 2007.