

FOOD AND NUTRITION RESOURCES

Self Help and Guide Books

- ***Eat, Drink, and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy***
Susan Albers, Psy.D.
- ***Eat What You Love, Love What You Eat***
Michelle May, M.D.
- ***Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time***
Pavel Georgievich Somov, Ph.D.
- ***Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food***
Susan Albers, Psy.D.
- ***Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight***
Sasha T. Loring, M.ED., L.C.S.W.
- ***Fat: The Anthropology of an Obsession***
Don Kulick and Anne Menely
- ***Intuitive Eating: A Revolutionary Program That Works***
Evelyn Tribole, M.S., R.D. and Elyse Resch, M.S., R.D., F.A.D.A.
- ***Mindless Eating: Why We Eat More Than We Think***
Brian Wansink, Ph.D.
- ***Nourishing Wisdom: A Mind-Body Approach to Nutrition and Well-Being***
Marc David, M.A.
- ***Overcoming Overeating***
Jane R. Hirschmann and Carol H. Hunter
- ***The Self-Compassion Diet: Guided Practices to Lose Weight with Loving-Kindness***
Jean Fain, LICSW, MSW
- ***The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss***
Marc David, M.A.

- ***The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights, and the College Cafeteria***
M.J. Smith and Fred Smith

Nutrition: Basics and Food Studies

- ***Food Politics: How the Food Industry Influences Nutrition and Health***
Marion Nestle
- ***Food Rules: An Eater's Manual***
Michael Pollan
- ***In Defense of Food: An Eater's Manifesto***
Michael Pollan
- ***On Food and Cooking: The Science and Lore of the Kitchen***
Harold McGee
- ***The Omnivore's Dilemma: A Natural History of Four Meals***
Michael Pollan
- ***Understanding Nutrition***
Ellie Whitney and Sharon Rady Rolfes
- ***What to Eat***
Marion Nestle

Cookbooks

- ***How to Boil Water***
Food Network Kitchens
- ***How to Cook Everything, Completely Revised 10th Anniversary Edition: 2,000 Simple Recipes for Great Food***
Mark Bittman
- ***How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food***
Mark Bittman
- ***Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats***
Sally Fallon and Mary Enig
- ***Plenty: Vibrant Vegetable Recipes from London's Ottolenghi***
Yotam Ottolenghi and Jonathan Lovekin

- ***Real Simple: Meals Made Easy***
Real Simple Magazine
- ***Real Simple Recipes: Easy, Delicious Meals***
Real Simple Magazine
- ***Super Natural Every Day: Well-Loved Recipes from My Natural Foods Kitchen***
Heidi Swanson
- ***The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution***
Alice Waters
- ***The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs***
Karen Page and Andrew Dornenburg
- ***The Healthy College Cookbook: Quick. Cheap. Easy***
Alexandra Nimetz, Jason Stanley, and Emeline Starr
- ***The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health***
Alissa Segersten and Tom Malterre MS CN
- ***What to Cook and How to Cook it***
Jane Hornby

Websites

- **All Recipes**
allrecipes.com
- **American Council on Exercise**
www.acefitness.org/healthyrecipes/default.aspx
- **Chef Talk**
www.chefstalk.com
- **Cooking for engineers**
www.cookingforengineers.com
- **Cook's Illustrated**
www.cooksillustrated.com
- **Culinary.net**
www.culinary.net

- **Eating Well Magazine**
www.eatingwell.com
- **Epicurious**
www.epicurious.com
- **The New York Times Recipes for Health**
topics.nytimes.com/top/news/health/series/recipes_for_health/index.html
- **Ready Made Magazine**
www.readymade.com/category/food_entertaining
- **Kathy Maister's Start Cooking**
startcooking.com
- **Sunset Magazine**
www.sunset.com/food-wine
- **Whole Living Magazine**
www.wholeliving.com/eat-well
- **U Cook**
www.ucook.com

Food Blogs

- **101 Cookbooks**
www.101cookbooks.com/index.html
- **Cookus Interruptus**
www.cookusinterruptus.com
- **Eating Rules**
www.eatingrules.com
- **Gojee**
www.gojee.com
- **Mark Bittman**
markbittman.com
- **The Kitchn**
www.thekitchn.com
- **The Whole Life Nutrition Kitchen**
www.nourishingmeals.com

- **Veggie Belly**
www.veggiebelly.com/entrees
- **Veggie by Season**
www.veggiebyseason.com

Compiled by Andrew Zarate, Dietetic Intern Fall 2011