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

- **ChefTalk**  
  www.cheftalk.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  

• 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

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