



...because health matters!

Nutrition Matters

December 2005

A Publication of the Peterborough County-City Health Unit

The Healthy Eating Cookbook Shelf

Are you looking for cookbooks with recipes that are delicious and good for you? The nutrition staff at the Peterborough County-City Health Unit recommends the following cookbooks. These are current books that offer the latest in nutrition information and great tasting recipe ideas. Most of the cookbooks listed contain nutrient analysis for each dish. Ask for these books at your local public library or favourite bookstore.



Healthy Eating Cookbooks

Anne Lindsay's New Lighthearted Cookbook.
By Anne Lindsay. Toronto: Random House Canada, 2003

Cook Great Food. By Bev Callaghan and Lynn Roblin. Toronto: Robert Rose Inc., 2000

Eat, Shrink, and Be Merry. By Janet Podleski and Greta Podleski. Waterloo: Granet Publishing, 2005. Also by these authors - Looney Spoons; Crazy Plates

HeartSmart Cooking for Family and Friends.
By Bonnie Stern. Toronto: Random House Canada, 2000

Meals for Good Health. By Karen Graham. Durand & Graham Ltd., 2005
www.mealsforgoodhealth.com

Rose Reisman's Weekday Wonders. By Rose Reisman. Toronto: Penguin Canada, 2004

Supertime Survival. By Lynn Roblin and Bev Callaghan. 2005.
www.supertimesurvival.com

The Clueless Baker. By Evelyn Raab. Toronto: Key Porter Books, 2001

The Clueless Vegetarian. By Evelyn Raab. Toronto: Key Porter Books, 2000

The Complete Harrowsmith Cookbook. Firefly Books, 1996

"Cooking and eating can be about the happiness, comfort, and passion of celebrating wonderful food, enjoying it with others, and leaving the table filled with peace and well-being."



.....Ellyn Satter

Cookbooks and Nutrition Facts for Families

Better Baby Food. By Daina Kalnins and Joanne Saab. Toronto: Robert Rose Inc., 2001

Better Food For Kids. By Daina Kalnins and Joanne Saab. Toronto: Robert Rose Inc., 2002

Feeding Your Baby the Healthiest Food: From Breast Milk to Table Foods. By Louise Lambert-Lagace. Toronto: Stoddart Publishing Co., 2000

Food To Grow On. By Susan Mendelson and Rena Mendelson, Harper Collins Canada, 2005

Secrets of Feeding A Healthy Family. By Ellyn Satter. Madison: Kelcy Press, 1999
www.ellynsatter.com



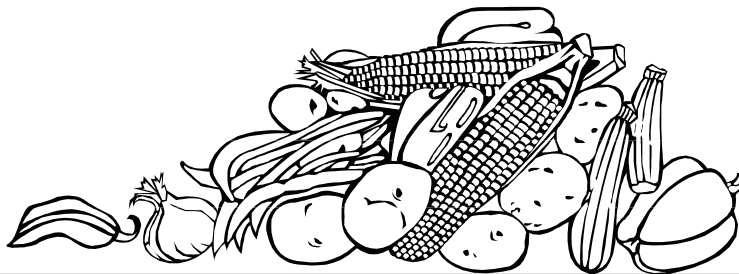
Cooking with Children and Teens

Clueless in the Kitchen: A Cookbook for Teens. By Evelyn Raab. Toronto: Key Porter Books, 1998

Someone's in the Kitchen with Mommy. By Elaine Magee. Chicago: Contemporary Books, 1998

The Kids Can Press Jumbo Cookbook. By Judy Gillies

The Usbourne Little Children's Cookbook. By Rebecca Gilpin. Usbourne Books



Certain cookbooks are often carried in bookstores only for a short period of time. If you cannot find a particular cookbook on the shelf, ask the salesperson if they would be able to order it for you. If not, check with your local public library.