

## Healthy Recipe and Cookbook Resources

Frederico Arts LLC 2016

Disclaimer: The recipe and cookbook resources below were curated for their focus on health. It is not intended to be an exhaustive list, but merely examples of healthy food books and websites. Many are written or hosted by registered dietitian nutritionists. Frederico Arts LLC makes no claims of the accuracy, effect, or endorsement of the list content or advice. Feel free to add your favorite cookbooks to the NutritionVision discussion on Facebook.

<https://www.facebook.com/Nutritionvision-126357210765313/>

### Books

Barratt D. **Farm Fresh Nutrition**

Clark N. ***Nancy Clark's Sports Nutrition Guidebook***

Culinary Institute of America. ***Techniques of Healthy Cooking***

Culinary Institute of America. ***Healthy Cooking at Home***

Davis M. **Good Food for Life: Planning, Preparing, Sharing**

Geagan K. ***Go Green Get Lean***

Guttersen C. ***The Sonoma Diet***

Hachfeld L. ***Cooking a la Heart; Let's Cook! Healthy Meals for Independent Living***

Heller M. ***The Dash Diet Younger You; Dash Diet Action Plan***

Helm J & Cooking Light Editors. ***Cooking Light, The Food Lover's Healthy Habits Cookbook***

Hever J. ***The Complete Idiot's Guide to Plant-Based Nutrition***

Jones J. ***Canyon Ranch Cooking: Bringing the Spa Home***

Krieger E. ***Comfort Food Fix; Ellie Krieger's Favorite Vegetarian Recipes; So Easy; The Food You Crave; You Have it Made; Weeknight Wonders.***

Lichen J. **How to Stay Healthy and Fit on the Road**

Newgent J. **Big Green Cookbook**

Ponichtera B. **Quick and Healthy Cookbook**

Warshaw H. **Eat Out, Eat Right;**

Zied E. **Feed Your Family Right; Nutrition at Your Fingertips; Younger Next Week**

## Websites

American Heart Association  
[www.heart.org/simplecooking](http://www.heart.org/simplecooking)

American Institute for Cancer Research  
<http://www.aicr.org/healthyrecipes/>

Bork C. Registered dietitian approved websites for recipes. *Chere Bork's Blog*.  
October 31, 2016  
<http://cherebork.com/blog/registered-dietitian-approved-websites-recipes/>

ChooseMyPlate  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Eating Well  
[www.eatingwell.com](http://www.eatingwell.com)

Melissa's Healthy Living  
<http://melissashealthyliving.com/category/recipes/>

National Dairy Council  
<https://www.nationaldairycouncil.org/resource-library?keyword=recipes>

Nutrition  
[www.nutrition.gov](http://www.nutrition.gov)

Oldways  
<http://oldwayspt.org/recipes>

Barbara Spalding. *Second Act Kitchen*

<https://secondactkitchen.com/recipes/>

Team Nutrition, USDA. *Recipes for Healthy Kids.*

<http://www.fns.usda.gov/sites/default/files/cookbook-homes.pdf>

USDA Food and Nutrition Services. What's Cooking?

<http://www.whatscooking.fns.usda.gov/cookbook>

<https://www.choosemyplate.gov/recipes-cookbooks-and-menus>

<http://www.whatscooking.fns.usda.gov/nutrition-focus>

WebMD. Health and Cooking Guide

<http://www.webmd.com/food-recipes/guide/default.htm>

Zelman K. Top 10 healthy cookbooks: A dietitian's picks. *WebMD.* [http://](http://www.webmd.com/food-recipes/features/top-10-healthy-cookbooks-a-dieticians-picks)

[www.webmd.com/food-recipes/features/top-10-healthy-cookbooks-a-dieticians-picks](http://www.webmd.com/food-recipes/features/top-10-healthy-cookbooks-a-dieticians-picks)