

Recommended Books

- Anne Lindsay's Lighthearted Everyday Cooking* (2002), Anne Lindsay, MacMillan Canada
- Cook Great Food* (2002), Dietitians of Canada, Robert Rose Inc.
- Cooking Vegetarian* (1996), Vesanto Melina and Joseph Forest, MacMillan Canada
- Cooking with Friends: Marie Nightingale and Canada's Celebrated Chefs* (2003), Marie Nightingale
- Crazy Plates* (1999), Greta Podleski and Janet Podleski, Granet Publishing
- Eating Light, Eating Right* (2001), Shauna Ratner and Frances Johnson, Whitecap Books
- Flavour First* (2007), Mary Sue Waisman, MSc, RD
- Foods of Spry's Field: Cooking and Preserving, Then and Now* (2002), Urban Museum Farm Society
- Great Food Fast* (2000), The Dietitians of Canada and Lynn Roblin and Bev Callaghan, Robert Rose Inc.
- HeartSmart Cooking for Family and Friends* (2000), Bonnie Stern, Random House Canada
- How to Get Your Kids to Eat: But Not Too Much* (1987), Ellyn Satter
- Looneyspoons: Low-Fat Food Made Fun* (1999), Greta Podleski and Janet Podleski, Granet Publishing
- Marie Nightingale's Favourite Recipes* (1993), Marie Nightingale, Nimbus
- Meals for Good Health* (1998), Karen Graham, Paper Birch Publishing
- More Heart Smart Cooking* (1997), Bonnie Stern, Random House Canada
- More Vitality Cooking* (1997), Monda Rosenberg and Frances Berkoff, Harper Collins
- Nova Scotia Cooking* (1998), Charles Lief and Heather MacKenzie, Key Porter Books
- Rose Reisman's Enlightened Home Cooking* (1996), Rose Reisman, Robert Rose Inc.
- Simply Great Food* (2007), Dietitians of Canada and Patricia Chuey, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD
- Suppertime Survival* (1996), Lynn Roblin and Bev Callaghan, MacMillan Canada
- The Best of HeartSmart Cooking* (2006), Bonnie Stern, Random House Canada
- The Clueless Vegetarian* (2000), Evelyn Raab, Key Porter Books
- The HeartSmart Shopper: Nutrition on the Run* (1999), Ramona Josephson, Douglas & MacIntyre
- The Taste of Nova Scotia Cookbook* (1995), Charles Lief & Heather MacKenzie, Key Porter Books
- Weekday Wonders: Healthy Light Meals for Everyday* (2004), Rose Resiman, Penguin Canada
- When in Doubt Eat Broccoli!* (1986), Liz Pearson, Penguin Canada
- I, 001 Low-Fat Vegetarian Recipes* (2000), Sue Spittle and Linda R. Yoakam, Surrey Books