

Healthy Cooking

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This pathfinder will be useful in finding information about cooking with healthy nutrition in mind. Not just for vegetarians or dieters, the books and web links included offer a variety of ways in which good nutrition can be achieved through the choice of foods you prepare and techniques you use to improve the way you cook. Bon appetite!

Books

- *Eat This, Not That: Supermarket Survival Guide* [613.25 ZIN] c2012
- *If It Makes You Healthy: More Than 100 Delicious Recipes Inspired By the Seasons* [641.5973 CRO] 2011
- *Extra Lean Family: Get Lean and Achieve Your Family's Best Health Ever* [613.25 LOP] 2011
- *Eating Well: Fast and Flavorful Meatless Meals: 150 Healthy Recipes Everyone Will Love* [641.5636 PRI] 2011
- *Eating Well: One-pot Meals: Easy, Healthy Recipes for 100+ Delicious Dinners* [641.82 PRI] c2011
- *The Simple Art of Eating Well Cookbook: 400 Easy Recipes, Tips and Techniques for Delicious, Healthy Meals* [641.555 PRI] c2010
- *Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-saving Tips for Shopping, Planning, and Eating Well* [641.5638 QUI] 2011
- *Cooking Light Fresh Food Superfast* [641.555 COO] 2011
- *Cooking Light Fresh Food Fast: Weeknight Meals* [641.5635 COO] 2010
- *Cooking Light Way to Bake: The Complete Visual Guide to Light Baking* [641.815 COO] 2011
- *Power Foods: 150 Delicious Recipes With the 38 Healthiest Ingredients* [641.5636 POW] 2010
- *Eating Well Comfort Foods Made Healthy: The Classic Makeover Cookbook* [641.5 PRI] c2009
- *In the Green Kitchen: Techniques to Learn by Heart* [641.563 WAT] 2010
- *The 10 Things You Need to Eat: And More Than 100 Easy and Delicious Ways to Prepare* [641.5637 LIE] 2010

Search Aids

Search Terms

(Use for computer searches)

- Healthy Cooking
- Vegetarian Cooking
- Healthy Recipes
- Healthy Nutrition

Subject Headings

(Use in card catalogs and print indexes)

- Cookery, Cooking
- Vegetarian Cooking
- Nutrition

Call Number

- 641.5 (Dewey Decimal)
- 613.2 (Dewey Decimal)

Indexes and Abstracts

- EBSCOhost
- Log on to www.johnstonlibrary.com
- On the homepage, click the virtual library link located in the left hand column. Then choose informational databases. Scroll through the choices and click on EBSCOhost.
- Enter your library barcode – no spaces.
- Click on the databases you want to search and click submit.
- Enter search terms.
- If a full text link is provided by the citation you can get it online. If not, call the Reference desk at the library and we will attempt to get the article for you.

Library catalogs

- Johnston Public Library Catalog
www.johnstonlibrary.com
- Urbandale Public Library Catalog
www.urbandalelibrary.org
- SILO - State-wide catalog
<http://z3950.silo.lib.ia.us>

If you find a book on this website, we will attempt to get the item for you through our interlibrary loan service.

- *Super Immunity Food: A Complete Program to Boost Wellness, Speed Recovery, and Keep Your Body Strong* [613.2 GOU] 2009
- *Living Raw Food: Get the Glow With More Recipes From Pure Food and Wine* [641.5636 MEL] 2009
- *Eating Well Comfort Foods Made Healthy: The Classic Makeover Cookbook* [641.5 PRI] 2009
- *Yum-O!: The Family Cookbook* [641.555 RAY] 2009

Web Pages and Web Portals

- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthy-Cooking_UCM_001183_SubHomePage.jsp For heart healthy cooking, check out the American Heart Association's web page and click on the Nutrition Center tab. You will find links to additional tips on "turning your kitchen into a heart healthy hub of your home."
- <http://www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431/DSECTION=healthy-cooking> This Mayo Clinic website offers links to books published by the clinic as well as many recipes tested and written by Mayo staff. A variety of links to videos and slideshows will help with food preparation, how to choose the right cookbook as well as interesting titles such as Souper Soup, Healthy Sandwich Makeover, Healthy Twist on Chocolate and Healthy Cooking for One or Two.
- http://www.eatingwell.com/healthy_cooking The digital version of the magazine Eat Well ~ Where Good Taste Meets Good Health provides readers with links to healthy recipes as well as techniques and tips for healthy cooking. Tasteful advertising on the site does not distract from the wealth of information.

Johnston Public Library – emagazines

- Visit the JPL webpage: www.johnstonlibrary.com. On the home page, click on the 'virtual library' tab located on the left hand side of the page. Then choose *emagazines*. Follow the instructions for Zinio. From there you will be able to choose from a variety of full digital copies of your favorite cooking magazines.