

Healthy Whole Foods Nutrition Resources

There are many excellent resources for learning more about nutrition, food and cooking-- here are just a few of our favorites to get you started:

Our # 1 favorite site for nutrition information, recipes and food preparation tips:

The World's Healthiest Foods - www.whfoods.com - has a Food of the Week (as we write, it's collard greens), Recipe of the Week, wonderful slide shows about how to prep vegetables, mineral content, a vast collection of recipes, and more.

Our favorite cookbooks:

Daemon Jones, ND, *Daelicious! Recipes for vibrant living*. Easy, healthy, delicious recipes, popular with people of all ages written by the Center's Director of Community Nutrition.

Rebecca Katz, MS, *One Bite at a Time: Nourishing Recipes for People with Cancer, Survivors, and their Caregivers*. A beautiful, excellent cookbook (for everyone, not just those involved with cancer) by Food As Medicine faculty member and Executive Chef.

Other great sites for nutrition & health:

- **Physicians Committee for Responsible Medicine** – great information and special programs on nutrition for both cancer and diabetes - www.pcrm.org
- **Environmental Working Group** – www.ewg.org – for list of the 'Dirty Dozen' foods most heavily-laden with pesticides, and the ones that are ok to buy non-organic
- **Fish safety** – www.oceansalive.com
- **Vegetarian Resource Group** – www.vrg.org - authoritative vegetarian & vegan info

Other great sites for recipes & cooking:

- **Epicurious** – www.epicurious.com
- **Whole Foods** – www.wholefoods.com