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NF95-222 Nutrition Resources for Modified or Prescribed Diets

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Nutrition Resources for Modified or Prescribed Diets

Linda Boeckner, Extension Nutrition Specialist

The following list of books is only a beginning resource list if you have been recommended to follow a modified diet for therapeutic or preventive purposes. There may be many other excellent resources on the market. Each day new books are printed and released. Be sure to check with health professionals at your local medical facilities for new releases appropriate to your needs. Maintain close contact with your medical care team if you have been diagnosed with a specific disease. You can determine if these resources will match your needs by checking them out from your local library, or requesting them through interlibrary loan.

In this fact sheet, resources are identified for the following areas:

- Allergies and Food Sensitivities
- Cancer Treatment/AIDS
- Cancer/ General
- Diabetes Mellitus
- Heart Disease
- Weight Management
- Vegetarian
- General

Allergies and Food Sensitivities

Adverse Reactions to Food

Therese Beaudette, M.S., R.D., The American Dietetic Association (1-800-877-1600 x 5000)
1991, softcover, \$7.65 nonmembers; \$6.50 ADA members

Food allergies and sensitivity are discussed. The appendices include resources for product information, support groups and recipes.

Food Allergies

Merri Lou Dobler, The American Dietetic Association (1-800-877-1600 x 5000)

1991, softbound booklet, \$5.50

Highlights symptoms and diagnosis of food allergies. Booklet contains sections on meal planning, label reading, substitution tips, special products, resources and recipes.

Gluten Intolerance

Merri Lou Dobler, The American Dietetic Association (1-800-877-1600 x 5000)

1991, softbound booklet, \$5.50

Defines gluten intolerance and its symptoms and provides guidelines for food choices and meal planning.

Includes tips on substitutions and eating out, special products, resources, and recipes.

The Gluten-Free Gourmet: Living Well Without Wheat

Bette Hagman, Henry Holt & Company

1990, softcover, \$13.95

Provides over 200 recipes using gluten-free flours such as rice, tapioca, and soy. Companies making gluten-free foods and flours are listed.

Lactose Intolerance

Merri Lou Dobler, The American Dietetic Association (1-800-877-1600 x 5000)

1991, softbound booklet, \$5.50

Provides tips for tolerance and discusses label reading, nutritional concerns, calcium substitutions, and menu planning. Includes a chart of the lactose content of common foods.

The Milk-Free Kitchen

Beth Kidder, Henry Holt & Company

1991, softcover, \$16.95

Includes recipes for those who are lactose intolerant or allergic to milk.

More from the Gluten-Free Gourmet: Delicious Dining Without Wheat

Bette Hagman, Henry Holt & Company

1993, softcover, \$14.95

Contains 275 new gluten-free recipes in this book. Instructions for using a bread machine as well as hand mixing are provided.

Cancer Treatment/AIDS

The Cancer Recovery Eating Plan: The Right Foods to Help Fuel Your Recovery

Daniel, W. Nixon, M.D., Nutrition Counseling Education Services, 1-800-445-5653

1994, hardcover, \$25.00

This book assists the reader in becoming more active in fighting the effects of cancer and cancer treatment. Specific eating plans for various types of cancer are included.

Pass the Calories, Please! A Guide for People Who Need to Eat More

Gail Farmer, The American Dietetic Association, 1-800-877-1600 ext. 5000

1994, spiralbound, \$12.95

A cookbook for people who need to eat more, including patients with AIDS, cancer or other diseases.

Surviving With AIDS: A Comprehensive Program of Nutritional Co-Therapy

C. Wayne Callaway, M.D., Little, Brown & Co.

1991, softcover, \$14.95

The book addresses the malnutrition that often accompanies AIDS victims and provides a low fat/high calorie approach to combat body wasting.

Cancer/General

An Ounce of Prevention Cookbook Series,

Winter Volume, 1986, soft cover, \$6.00

Spring Volume, 1986, soft cover, \$6.00

Summer Volume, 1986, soft cover, \$6.00

Fall Volume, 1986, soft cover, \$6.00

American Institute for Cancer Research, 1-800-843-8114

This cookbook series presents recipes in four seasonal volumes. Foods that are available during each of the seasons are highlighted. Recipes closely follow American Institute for Cancer Research's Dietary Guidelines to Lower Cancer Risk.

Diabetes Mellitus

Family Cookbook SERIES

Family Cookbook, vol I, 1987, hardbound, \$23.00

Family Cookbook, vol II, 1987, hardbound, \$23.00

Family Cookbook, vol III, 1987, hardbound, \$23.00

Family Cookbook, vol IV, 1991, hardbound, \$23.00

The American Dietetic Association/American Diabetes Association (1-800-877-1600 x 5000)

This series of cookbooks is good for diabetic meal planning and preparation. It is also an excellent resource for anyone concerned about healthy eating.

Joy of Snacks

Nancy Cooper, Diabetes Center, Minnetonka, MN

1991, softcover, \$12.95

Contains a collection of 200 recipes for children and adults. Provides nutrition and diabetic exchange information.

Month of Meals 4: A Menu Planner

Month of Meals 5: A Menu Planner

(vegetarian selections)

The American Diabetes Association (1-800-232-3472)

1993, spiral bound, \$12.50 (each)

A month of meals are presented to take the guesswork out of meal planning; contains 28 complete menus for breakfast, lunch, dinner and snacks. Includes brand and product name foods.

Parenting A Diabetic Child: A Practical, Empathetic Guide to Help You and Your Child Live With Diabetes

Gloria Loring

1993, softcover, \$12.95

This teaching manual provides strategies for caring for a child with diabetes.

Heart Disease

American Heart Association Cookbook, Fifth Edition

Mary Winston, Ed.D., R.D., Random House

1991, softcover, \$14.00

This cookbook, in its fifth edition, continues to provide easy-to-prepare low fat recipes using common ingredients.

American Heart Association Low Fat- Low Cholesterol Cookbook

S. Grundy & M. Winston, Random House/Times Books

1989, softcover, \$13.00

Provides recipes with a special focus on low in fat and cholesterol.

American Heart Association Kids' Cookbook

Mary Winston, ed., Random House/Times Books

1993, paper over board, \$15.00

This fully illustrated book has easy-to-follow recipes for kids that promote healthy eating guidelines. Contents include glossary, kitchen safety guides and tips for menu planning, choosing and making recipes, and cleaning up.

Controlling Cholesterol

Kenneth Cooper, Bantam Books

1988, paperback, \$6.50

Kenneth Cooper's book outlines dietary and exercise approaches to controlling blood cholesterol.

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

Dean Ornish, Ballantine Books

1991, softcover, \$15.00

This book discusses reversal of heart disease through lifestyle changes that include diet, exercise and meditation.

The Healthy Heart Cookbook

Oxmoor House

1992, hardcover, \$24.99

The Johns Hopkins Complete Guide for Preventing and Reversing Heart Disease

Peter Kwiterovich and Lipid Research Clinic Staff, Prima

1992, softcover, \$12.95

The Living Heart Cookbook

M.E. DeBakey, A.M. Gotto, Jr., L.W. Scott, & J.P. Foreyt, Raven Press/Simon & Schuster

1984, softcover, \$13.00

The New American Diet System

Sonja L. and William E. Connor, Simon and Schuster

1991, softcover, \$14.00

This book focuses on foods that are lower in fat, varied, and attractive. Gradual change that can meet dietary goals for the entire family is advocated. In three parts, the book provides reasons for changing our diets, how to make gradual changes to dietary habits that reduce disease risk, and recipes.

60 Days of Low-Fat, Low-Cost Meals in Minutes: Over 150 Delicious, Healthy Recipes & Menus That Fit Your Budget

M.J. Smith, M.S., R.D., L.D.

1992, softcover, \$12.95

Weight Management

Body Traps: Breaking the Binds That Keep You From Feeling Good About Your Body

Judith Rodin, Wm. Morrow & Co.

1992, softcover, \$12.00

This book focuses on self-image aspects of weight management and is designed to assist the reader in examining possible self-defeating behaviors.

The Healthy Weigh: A Practical Food Guide

The American Dietetic Association, 1-800-877-1600 x 5000

1991, \$6.25 nonmembers; \$5.45 ADA members

This 33-page weight control booklet discusses changing exercise and food habits, how to evaluate diets, and provides guidelines and tips for healthy eating.

Mexican Light Cooking: Easy, Healthy, Low-Calorie Recipes from Nachos to Tacos

Kathi Long, Berkley Press

1992, hardcover, spiral bound, \$16.95

Planning Mexican dishes is made easier using this cookbook with a special focus on reducing calories and fat.

Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Children Free of Food & Weight Conflicts

Jane Hirschman & Lela Zaphiropoulos, Gurze Books

1993, softcover, \$9.95

A common sense approach to guiding the development of healthy eating habits in children, this book helps to remove mealtime food conflicts.

Skimming The Fat: A Practical Food Guide

Maureen Callahan, M.S., R.D., The American Dietetic Association, 1-800-877-1600 x 5000

1993, softcover, \$9.95 nonmembers; \$8.50 ADA members

Twenty-seven low fat recipes are provided in this booklet which is a companion piece to The Healthy Weigh. A special focus on controlling fat intake is provided.

Vegetarian

Almost Vegetarian: A Primer for Cooks Who Are Eating Vegetarian Most of the Time, Chicken & Fish Some of the Time & Altogether Well All of the Time

Diana Shaw, Crown Publishing

1994, softcover, \$18.00

Low fat and high fiber recipes are featured in this cookbook; a good resource for those who serve vegetarian meals once in a while.

The New Laurel's Kitchen

L. Roberts, C. Finder, & B. Ruppenthal, Ten Speed Press

1986, soft cover, \$24.95

This updated version provides information on planning vegetarian meals and getting a variety of vegetable protein sources.

New Vegetarian Cuisine: 250 Low-Fat Recipes for Superior Health

Linda Rosensweig, Rodale Press, Inc.

1994, hardcover, \$26.95

This book provides a look at trends in vegetarian cuisine, definitions of various types of vegetarianism, as well as delicious vegetarian recipes that also can be used to meet low fat guidelines.

Simple, Lowfat & Vegetarian: Unbelievably Easy Ways to Reduce The Fat in Your Meals!

Suzanne Havala, M.S., R.D., Recipes by Mary Clifford, R.D., Vegetarian Resource Group

1994, softcover, \$14.95

Vegetarian recipes and tips are provided for eating out, packing bag lunches, and preparing quick meals.

General

The Honest Herbal, Third Edition

Varro E. Tyler, Pharmaceutical Products Press

1993, softcover, \$15.95

Often considered the leading authoritative source of information about herbs and herbal medicine, this book covers herbs and related remedies from alfalfa through yucca. A chapter on laws and regulations is included.

Light Hearted Every Day Cooking

Anne Lindsay, The Heart and Stroke Foundation

Available from American Institute for Cancer Research, 1-800-843-8114

1994, softcover, \$16.95

This resource is a collection of over 200 recipes that can be made quickly and simply. Recipes from appetizers to desserts are designed to meet health goals while adding food enjoyment.

Quick & Healthy: For People Who Say They Don't Have Time to Cook Healthy Meals

Brenda J. Ponichtera, R.D., ScaleDown, The Dalles, OR, 503-296-5859

1991, spiral bound, \$16.95

Recipes provided are quick, useful, healthy, and live up to the title of this cookbook. Recipes are kitchen and family tested with grocery lists included to make shopping easier. Nutrient analysis included for each recipe.

File NF222 under: FOODS AND NUTRITION

C-3i, Special Diets

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