

## **Nutrition Resources, Websites, Cookbooks & More – 2020**

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As a licensed dietitian nutritionist I am happy to introduce you to up-to-date nutrition resources to help you reach your health goals. These resources offer added inspiration and ideas on your journey to attain a healthier lifestyle. Best wishes as you commit to changes to increase productivity, energy and improve your overall health.

- 1. The Academy of Nutrition & Dietetics** – [www.eatright.org](http://www.eatright.org)
  - Articles on a variety of eating, shopping, cooking and nutrition topics.
  - Recipes, videos, recommendations for cookbooks, resources & more.
- 2. Choose My Plate** - [www.choosemyplate.gov](http://www.choosemyplate.gov) The United States Dept of Agriculture Center for Nutrition offers a wide variety of resources on their website, including:
  - Super tracker: Create a profile, set a goal, record your steps on the journey.
  - Choose foods to balance the nutrients on your plate.
  - “My plate” videos, tip sheets and resources.
  - Shopping tips and behavior strategies.
  - Set up a weekly meal plan, make your grocery list and see shopping tips.
  - Easy food preparation ideas and recipes for anyone trying to get started.
  - Over 40 one page topic sheets: Vegetarian diets, Fruits, Veggies, Protein foods, Healthy fats, Heart healthy eating, Mindful eating, Reading labels, Easy food preparation, Variety, Beverages, Nutrients in foods, Eating for various age groups and needs, etc.
  - What’s Cooking? Directs you to the USDA Mixing Bowl website of recipes, menus & cookbooks complete with nutrient information for each recipe.
- 3. The American Diabetes Association** – [www.diabetes.org](http://www.diabetes.org)
  - Healthy food choices, food groups, recipes, cooking videos & articles.
  - Menu plans for every calorie level.
  - Meal planning, snacks, cooking, shopping & reading labels.
  - Holidays, eating out & special events.
  - Low calorie sweeteners, sugars & desserts.
  - Exercise, mindfulness, traveling etc.
  - My Food Advisor, tracking tools, weight loss tools and more.
  - Cookbook of recipes for both diabetes and heart health.
  - Plant based diet recipes and ideas
  - Audio and videos for a variety of learning styles.
  - Website recipes also found at this link:  
<https://www.diabetesselfmanagement.com/recipes/>

4. **The American Heart Association** – [www.heart.org](http://www.heart.org)
  - Videos on topics such as: Mindful eating, Cool weather workouts, Recipes using pumpkin, Thankfulness: how gratitude helps your heart and more.
  - Nutrition basics, heart healthy grocery shopping, heart-certified recipes.
  - DASH Diet for high blood pressure & Mediterranean Diet for a healthy heart!
  - Eating out, choosing a restaurant & nutrients in foods eaten out.
  - Weight management tools, setting goals, staying motivated & tracking.
  - Exercise topics: walking programs, videos, stretching, what to wear & more.
  
5. **The American Institute for Cancer Research** – [www.aicr.org](http://www.aicr.org)
  - Interactive videos on each of the below topics:
    - Practical tips on nutrition to prevent cancer.
    - Cancer protective diet & evaluating individual eating habits.
    - Nutrition label facts & finding protective phytochemicals in foods.
    - Cancer risks: red and processed meats, sugar & alcohol.
  - Anti-cancer cookbook indexed with many recipes & photos.
  
6. **American College of Gastroenterology** – [www.patients.gi.org](http://www.patients.gi.org)
  - Patient Education Resource Center: Videos & information for many GI issues.
  
7. **Celiac Disease Foundation** – [www.celiac.org](http://www.celiac.org)
  - Gluten free diet basics & video by a dietitian.
  - 7 day gluten free meal plan, shopping list and tips.
  - How to cope with eating out, traveling, holidays and school/work situations.
  - Recipes, reading labels, specialty product reviews.
  - Vitamins, supplement information and more.
  
8. **Food Allergy Research & Education** - [www.foodallergy.org](http://www.foodallergy.org)
  - Packed with personal & family education, videos, handbooks & more!
  - Strategies to cope at school, work, traveling, eating out, social functions, etc.
  - Detailed lists of foods to avoid for the eight common food allergens.
  
9. **Arthritis Foundation** – [www.arthritis.org](http://www.arthritis.org)
  - Anti-inflammatory diet: best foods to eat & avoid.
  - Strategies to lose weight and feel more energetic.
  - Recipes that take less time, holiday tips & shopping made easier.
  
10. **Spark People** - [www.sparkpeople.com](http://www.sparkpeople.com) a community of people who seek to improve health and wellbeing via nutrition, exercise & stress reduction.
  - Tracking tools for weight, calorie counting & setting goals.
  - Personalized fitness program that links with tracking devices.
  - Articles and posts on nutrition, exercise and motivational pieces.
  - Blogs to chat, teams that compete and participate with others.
  - Videos: fitness, food demos and inspiring ideas to help you on the journey.
  - Over 600,000 healthy, delicious recipes & look up nutrient in the data base
  - Holiday specials: See 25 Diabetes-friendly desserts for a healthier holiday.

11. **The National Dairy Council** – [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)
  - Health and wellness tips & videos.
  - Milk, yogurt, healthy cheeses, etc. with recipes.
  - Evidence-based research and resources on benefits of dairy foods.
12. **Culinary Institute of America Food Enthusiasts**, Hyde Park, NY  
1-800-888-7850 <https://enthusiasts.ciachef.edu/recipes/>, Cookbook of recipes, technique videos, books & DVDs that bring a real chef into your kitchen!
13. **Magazines, Cookbooks, Videos:** Recipes, menu planning, demos & more!
  - A. **Eating Well Magazine (was Cooking Light)** - [www.eatingwell.com](http://www.eatingwell.com)
  - B. **Vegetarian: 1. Vegetarian Times Magazine** - [www.vegetariantimes.com](http://www.vegetariantimes.com)  
Visit the website to view recipes under these categories: Mexican, Greek, Southern, Asian, Indian, Thai, Vietnamese, French, Italian, Mediterranean, Southern, Gluten-Free. Go to the **Classes** link to see videos on many topics: Plant based cooking, Vegetarian boot-camp with 28 day meal plan, Vegan cooking & baking, Easy Veggie prep, Gluten free vegetarian ideas, 6 weeks to plant powered weight loss, Cook once & eat “clean” all week, Quinoa recipes.  
**Classes link:** <https://www.aimhealthy.com/pages/food-and-cooking-classes>
  - Vegetarian: 2. From Plant to Plate**, by Tami Bivens RD, ISBN 13: 978-0989557504. Wide variety of easy delicious vegetarian recipes. Included: Cooking videos, nutrition information, meal planner & tips for success.
  - C. **Quick & Healthy Recipes & Ideas** by Brenda J. Ponichtera, RD  
[www.QuickandHealthy.net](http://www.QuickandHealthy.net), 2008, ISBN -13: 9780981600109. 20 weeks of dinner menus, recipes, food groups & nutrient analysis. Recipes are Carb controlled & use heart healthy fats. Planning, shopping and other tips included.

- D. **Clean Eating Magazine** – [www.cleaneating.com](http://www.cleaneating.com) Clean eating is a lifestyle approach to buying foods in their natural state & preparing delicious meals to improve life. Each issue has a variety of delicious, wholesome, low-fat, and easily made recipes that can be shared with friends and family."
- Clean Eating for Every Season**, 2017, by Alicia Tyler, ISBN: 13: 9781493030996, Cookbook that helps show you how to organize your kitchen, shopping list and schedule to make easy tasty foods with real ingredients that provide a healthy lifestyle and save money.
- Clean Eating Slow Cooker**, 2010, by Linda Larsen, ISBN: 13: 9781623159108, 120 clean eating recipes that take 20 minutes or less for slow cooking to preserve nutrients. Complete with nutrition information. Some recipes are for nut-free, vegan, vegetarian and gluten free diets.
- Clean Eating Bowls**, 2016, by Kenzy Swanhart, ISBN: 13: 9781623157869, Simple recipes with clean ingredients for satisfying, healthy meals in a bowl.
- E. **Eat What You Love, Quick & Easy**, by Marlene Koch, RD [www.marlenekoch.com](http://www.marlenekoch.com), 2016, ISBN 978-0-7624-5784-7. Easy guide to meal planning, organizing the kitchen and making foods healthy for those with heart issues and/or diabetes. Menus, recipes, entertaining ideas with nutrient analysis.
- F. **The Healthy Meal Prep Cookbook** by Toby Amidor MS, RD, CDN [www.tobyamidornutrition.com](http://www.tobyamidornutrition.com), 2017, ISBN 978-1-62315-944-3. Step-by-step instructions for meal prep, shopping, meal plans and easy, healthy cooking & nutrient analysis. Easy to read, practical. Inspires a new cook to get started.
- The Smart Meal Prep for Beginners** by Toby Amidor, MS RD, CDN, [www.tobyamidornutrition.com](http://www.tobyamidornutrition.com), 2018, ISBN 978-1-64152-125-3, Recipes & six weeks of meal plans with grocery lists and instructions. Great guide for learning how to prepare ahead for healthy ready-to-go meals. Save time, money & eat healthy foods that are prepared ahead. Get organized to achieve this goal!!
- G. **The Alzheimer's Prevention Food Guide** by Sue Stillman Linja RDN, LD and Seanne Safaii Waite PhD, RDN, LD, 2017, ISBN 978-1-62315-908-5. Up-to-date ideas of how to eat to prevent Alzheimer's Disease. Easy read and great ideas!
- H. **MyFitnessPal.com**: Website & track activity & food intake. Nutrient database calculates nutrients consumed. Motivation tips to lose weight & simple recipes.
- I. **Many cookbooks, magazines & links**: with recipes, product advice, tips available on organization websites noted above. Example: **American Diabetes Association**: Diabetes Forecast, Diabetes Living & Diabetes Self-Management (<https://www.diabetesselfmanagement.com/recipes/> )