



### Superfoods: How to Make Them Work for You

Julie Neville

This book explains beneficial properties and appropriate uses of more than 100 nutrient-dense foods including fruits, vegetables, seeds, nuts and grains. A recipe accompanies each food description to promote a varied diet. The book ends with 10 healthy eating tips and a guide for measurement conversion.

### One Two Punch: When to Eat, What to Eat and How to Keep Going

Claudia Wilson, MS, RDN, CSSD, CSCS

This guide teaches readers about responding to hunger cues and balancing protein and carbohydrates, while continuously practicing healthy eating behaviors. The book is designed to make a nutritious diet achievable without compromising the joy of eating.

### The Essential Vegetable Cookbook: Simple and Satisfying Ways to Eat More Veggies

Sammi Haber Brondo, MS, RD

With 130 simple recipes, this cookbook provides recipes for 30 popular vegetables organized by seasonality. Every recipe uses fewer than eight ingredients and can be prepared in under an hour. From artichokes to spaghetti squash, the recipes inspire readers to incorporate more vegetables into their usual diet.

### Baking Without Sugar

Sophie Michell

Featuring more than 40 baking recipes, this cookbook shows readers how to create dessert favorites with little to no sugar. The introduction includes information about natural sweeteners, such as stevia and xylitol, and a key to identify recipes that are gluten-free and diabetic-friendly.

### The Everything Healthy Meal Prep Cookbook

Tina Chow

A guide to batch cooking, this book offers stress-free techniques to establish healthy eating habits by organizing meals in properly sized portions in advance. More than 100 recipes are separated into 15 categories including smoothies, one-pot meals, healthy desserts and more.

### Dressing on the Side (and Other Diet Myths Debunked): 11 Science-Based Ways to Eat More, Stress Less, and Feel Great about Your Body

Jaclyn London, MS, RD

Popular diet trends and misconceptions are explored to help readers put together reasonable healthy eating and weight loss plans. Each chapter breaks down the relevant scientific literature and provides tips and tricks for topics such as detox diets, genetics and takeout meals.

### The Anti-Anxiety Diet: A Whole-Body Program to Stop Racing Thoughts, Banish Worry and Live Panic-Free

Ali Miller, RD, LD, CDE

Centered on science-based functional medicine and a ketogenic low-carbohydrate lifestyle, this book outlines dietary changes designed to help relieve symptoms of anxiety. In addition to 50 anti-anxiety recipes, the appendix includes food exchanges, a grocery list, supplement information and relevant lab values.

### The Complete Plate: A Stronger, Healthier, and Happier You

Lauren Klukas

Taking the guesswork out of weight management, meal planning and mindful eating, this book features 30 detailed meal plans with recipes for diets ranging from 1,500 to 2,500 calories. Chapters include Nutrition 101, Pantry and Freezer Staples and Essential Equipment as well as a guide to use the book.