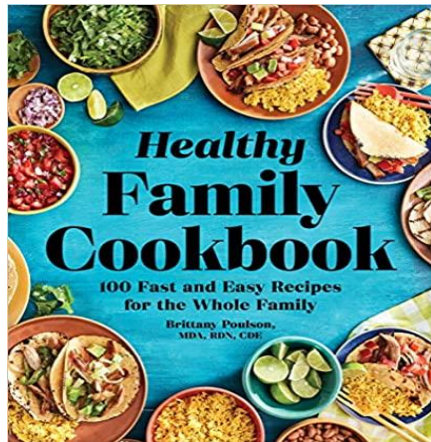




Family-Friendly Cookbooks



By Alex Cauley, MS, Dietetic Intern



The Healthy Family Cookbook: 100 Fast and Easy Recipes for the Whole Family

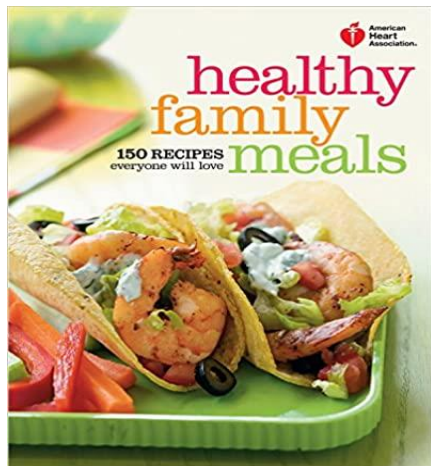
By Brittany Poulson, MDA, RDN, CDE

Benefits:

- Recipes are separated into the following categories: 15-minute prep, 30-minute recipes, 5-ingredient, one pot, and slow cooker
- The cookbook focuses on simple, balanced meals the whole family can enjoy

Things to Consider:

- Recipes are easy to follow, but many don't have pictures

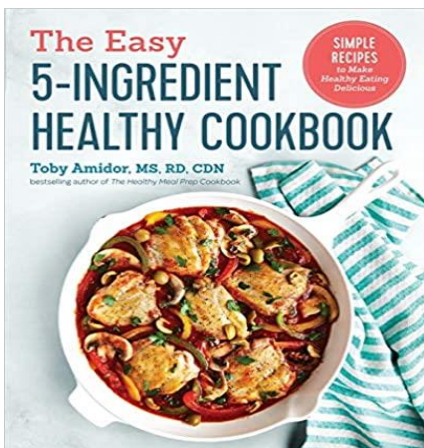


Healthy Family Meals

By the American Heart Association

Benefits:

- It is written by the American Heart Association, so you can be confident this cookbook highlights healthy recipes using evidence-based guidelines
- They have efficiency in mind: recipe categories are based on the amount of time you have and they provide meal planning ideas using leftovers
- Recipes include nutrition information and dietary exchanges for people with diabetes



The Easy 5-Ingredient Healthy Cookbook

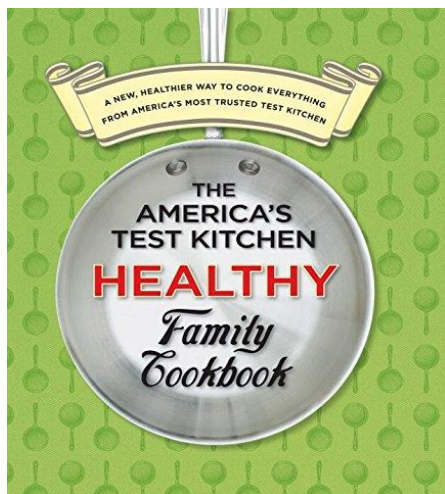
By Toby Amidor, MS, RD, CDN

Benefits:

- All recipes in this cookbook are only five ingredients and span a wide range of categories, from entrees and sides to dessert

Things to Consider:

- There are some ingredients the author considers "staples" that aren't included in the 5-ingredient count, including: cooking spray, salt, pepper, olive oil, honey, garlic, and fresh lemon

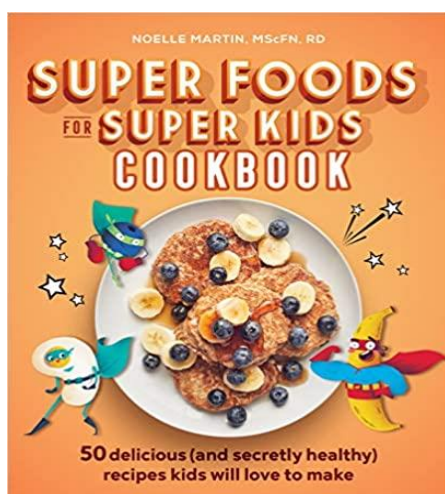


The America's Test Kitchen Healthy Family Cookbook

By America's Test Kitchen

Benefits:

- With over 110 cookbooks under their belt, America's Test Kitchen is a top-tier source of reliable recipes
- Delivers a whopping 800 recipes ranging from kid favorites, like pizza, to veggie-packed grain bowls
- A great resource if you're looking to learn more about cooking and never want to run out of ideas



Super Foods for Super Kids Cookbook

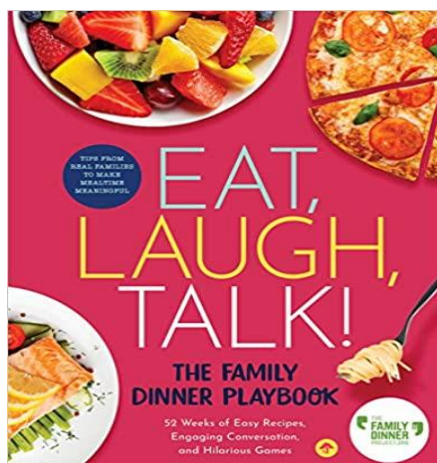
By Noelle Martin, MScFN, RD

Benefits:

- Designed with kids in mind and includes tips to teach them how to fuel their bodies and cook (mostly) on their own
- Contains designated skill levels and a hand symbol indicating when an adult helper is needed
- Nutrition information is included with recipes and labels like "vegetarian" and "gluten-free" are also used

Things to Consider:

- Reading age is listed as 8 to 12 years old



Eat, Laugh, Talk!

By The Family Dinner Project

Benefits:

- This book places emphasis on making family dinners fun, interesting, and nourishing
- Provides tips to help overcome picky eating, busy schedules, and dinner distractions
- The philosophy is realistic: healthful foods most of the time with room for balance and real life
- Includes games and conversation starters to make the most of your mealtimes together