



## Better Together Book List

The books listed below have been selected because they encourage families to cook together and feature a lot of recipes that kids can help with. This list is by no mean comprehensive and is suggested only as a reference.

### **Low Glycemic Meals in Minutes: Fast Track Your Family to Healthy Eating and Active Living**

This book features over 125 low-glycemic, easy-to-prepare recipes, complete with menu plan, shopping list and exercise strategies to help you achieve and maintain a healthy weight. The third edition of this book has a family focus and stresses getting kids involved in meal preparation, shopping lists, menu plan.

<http://www.LowGI-meals.com>

Laura Kalina, Registered Dietitian

Cheryl Christian, Certified Personal Trainer

True Health Global Publishing, 2008, ISBN 978-1-895984-31-6, \$23.95

### **Secrets of Feeding a Healthy Family: How To Eat, How To Raise Good Eaters, How To Cook**

This book focuses on the family meal, “the structure (that) gives you a framework on which to hang the foods and connections you and your family need,” and how to establish the feeding relationship. It is designed to help families get started on cooking family meals and includes recipes.

<http://www.ellynsatter.com/commerce/product.jsp?prodId=3&catId=1>

Ellyn Satter

Kelcy Press, 2008, ISBN 978-0-9671189-2-5, 292 pages, \$25.95.

### **SupperTime Survival**

This latest edition of this cookbook teaches family members how to plan, cook and eat healthy meals. It provides simple diet and menu plans based on healthy foods and sensible portion sizes. It is a complete family eating guide dispensing advice for picky eaters, growing children, teens and in betweens, college age kids, and busy moms and dads. It includes more than 70 complete supertime meals, and over 100 fast, easy and delicious recipes that older children can help prepare. Chapter six offers tips for healthier family meals and advice on eating at home, on the run or away from home.

<http://www.supperTimesurvival.com>

Lynn Roblin and Bev Callaghan

### **The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier, and Happier**

This book presents stories, studies, and arguments for family meals from the fields of psychology, education, nutrition, family therapy, anthropology, sociology, linguistics, and religion. It provides examples of families and communities showing how they manage to eat together despite the pressures of a 24/7 world.

<http://www.steerforth.com/books/display.pperl?isbn=9781586421137>

Miriam Weinstein.

Steerforth Press, 2006. ISBN 978-1-58642-113-7, 280 pages, \$21.00

