

THE ATHLETE'S KITCHEN

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Recommended Reading: Good Books That Make Great Gifts

Whether for Christmas, birthdays or "just because," a good book makes a useful gift for yourself, your better half, your family and friends. The following list recommends some current titles that might be of interest to active people who want to fuel themselves (and their families) optimally, invest in good health and be at peace with food, weight, their body. Most of these books—plus a plethora of others that have been screened for quality of information—are available via www.gurze.com (800-756-7533) and www.ncescatalog.com (877-623-7266), as well as at your local library or bookstore. Happy reading, be it on the exercycle, while icing an injury, or enjoying a rest day!

FAMILY

Secrets of Feeding a Healthy Family by Ellyn Satter.

Instead of getting into family food fights about "good" and "bad" foods, learn how to enjoy family favorites--healthfully. The author, a renowned family feeding specialist, has also written *Child of Mine: Feeding With Love and Good Sense* (for infants, young children) and *How to Feed Your Child—But Not Too Much*.

I Will Never Not Ever Eat A -Tomato by Lauren Child.

If you have a child who is a fussy eater, this children's book might be the perfect gift to inspire a change in attitude and eating behavior.

The College Student's Guide to Eating Well on Campus by Ann Litt RD.

If you have a college student who is fighting the Freshman Fifteen, complaining about school food and eating less-than-optimally, this guide provides the need-to-know information that can help students get through college in top form.

Outsmarting the Mother-Daughter Food Trap: How to Free Yourself from Dieting-and Pass on a Healthier Legacy to Your Daughter by Debra Waterhouse RD.

The title says it all! If you're a mom who struggles with food, now's the time to put those issues behind you and become a role model for peaceful, healthful eating.

FOOD POLITICS

Hope's Edge: The Next Diet for a Small Planet by Frances Moore Lappe.

Thirty years ago, Lappe's first book taught us to eat lower on the food chain. This new book goes beyond the many reasons to become a vegetarian and discusses genetically engineered foods, worldwide famine, and the increase in obesity-related health issues. The bottom line: personal food choices can make a difference.

Food Politics: How the Food Industry Influences Nutrition and Health by Marion Nestle RD.

The food industry competes for our food dollar. This book takes a behind-the-scenes look at how this competition (via advertising and grocery store displays, for example) affects how we buy food--and how that affects our health.

COOKBOOKS

American Heart Association Meals in Minutes Cookbook.

Yes, you can eat well despite a hectic lifestyle! This collection of 200 recipes emphasizes ease of preparation and great taste--all in 25 minutes or less—with ingredients you probably have at home.

5 A Day by E. Pivanka & B. Berry RD.

To help you eat the recommended five (or more) servings of fruits and vegetables each day, this guide to better health is filled with food ideas and recipes for enjoyable, mouthwatering meals and snacks.

GENERAL NUTRITION

The American Dietetic Association's Complete Food and Nutrition Guide, Second Edition by Roberta Duyff RD.

Here's an excellent resource for positive, practical ways to eat well for health at any age. You'll find answers to any and all food and nutrition questions, from choosing baby food to food tips for seniors. This new edition offers more about nutritious ethnic foods, supplements and nutrition for women.

WEIGHT MANAGEMENT

The Cooper Clinic Solution to The Diet Revolution by Georgia Kostas RD. If you have repeatedly lost weight only to regain it, this book teaches you how to lose fat and keep it off. The step-by-step weight loss plan allows you eat foods you love and lose weight in a healthy, balanced way. Includes cooking-free menus.

Thin for Life by Anne Fletcher RD.

This book is filled with advice from 160 masters who have lost, on average, more than 60 pounds and have kept it off for more than three years. The book provides inspiration to those who have worked hard to lose weight and want to stay lighter and leaner.

SPORTS NUTRITION

The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists by Lisa Dorfman RD.

Written by an elite vegetarian athlete, this book teaches how to eat a healthful meatless diet plus includes personal stories of athletes who have made the switch to a vegetarian lifestyle.

Food Guide for Marathoners: Tips for Everyday Champions by Nancy Clark RD.

If you know of a novice athlete who is pondering walking or running a marathon, this book will ease anxiety about running out of energy. Perfect for marathon training groups.

EATING DISORDERS & DISORDERED EATING

The Don't Diet, Live-It! Workbook: Healing Food, Weight & Body Issues by A. LoBue & M. Marcus.

This exceptional workbook addresses the food responses to isolation, criticism, feelings and emotional hunger. It talks more about *food issues* than food.

Surviving an Eating Disorder: Advice for Family and Friends by M. Seigel, J. Brisman & M. Weinshel.

Focused on the psychological aspects of eating disorders, this book can help you talk openly about the problem with the person who is struggling and start to make the situation better.

The Adonis Complex: The Secret Crisis of Male Body Obsession by Harrison Pope. Obsession with appearance afflicts an increasing number of men, many of whom are compulsively exercising at the gym. This book looks at the male side of the eating disorder spectrum and offers guidance for taming this monster.

EXERCISE PHYSIOLOGY

Exercise Physiology: Energy, Nutrition and Performance by W. McArdle, F. Katch & V. Katch.

If you are looking for a heavy-duty college textbook so you can study the science of fueling and training for top performance, this \$65 tome will keep you more-than-busy!

Nancy Clark, MS, RD offers private nutrition consultations to both casual exercisers and competitive athletes at SportsMedicine Associates (617-739-2003) in Brookline, MA. She is author of *Nancy Clark's Sports Nutrition Guidebook, 2nd Edition* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20), available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Materials, 830 Boylston St. #205, Brookline MA 02467.