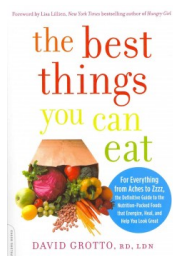


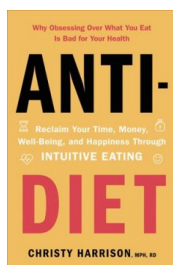
Healthy Eating

All titles are available through Nassau Digital Doorway and the Libby app



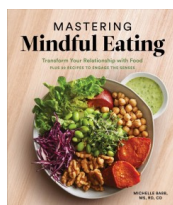
The best things you can eat: for everything from aches to zzzz, the definitive guide to the nutrition-packed foods that energize, heal, and help you look great

by David W. Grotto
A guidebook of food rankings.



Anti-diet: reclaim your time, money, well-being, and happiness through intuitive eating

by Christy Harrison
How to recognize fitness propaganda and pursue healthier goals.



Mastering mindful eating: transform your relationship with food, plus 30 recipes to engage the senses

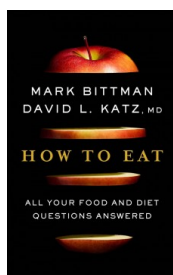
by Michelle Babb
Practice mindful eating for improved health, calm and reaching your

healthiest weight.



Fix it with food

by Michael Symon
A health-focused cookbook by the celebrity cohost of Iron Chef America draws on his experiences with chronic illness and food-triggering pain.



How to eat: all your food and diet questions answered

by Mark Bittman and David Katz
A clear-no-nonsense perspective on food and diet.



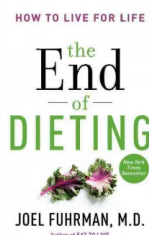
Nutritious delicious: turbocharge your favorite recipes with 50 everyday superfoods

by America's Test Kitchen
50 everyday superfoods.



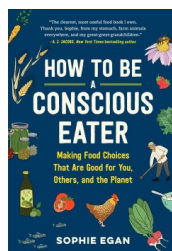
Love real food: more than 100 feel-good vegetarian favorites to delight the senses and nourish the body

by Kathryne Taylor
More than 100 approachable and delicious meatless recipes.



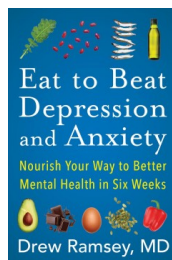
The end of dieting: how to live for life

by Joel Fuhrman
A nationally recognized expert in the field of health and nutrition, shows readers how and why they will never need to diet again.



How to be a conscious eater: making food choices that are good for you, others, and the planet

by Sophie Egan
Essential information to make informed choices amid the chaos and hype of marketing.

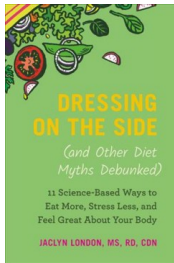


Eat to beat depression and anxiety: nourish your way to better mental health in six weeks

by Drew Ramsey
A six-week plan for achieving better mental health through eating foods to reduce inflammation, cultivate a healthy microbiome, and increase brain

cell health.

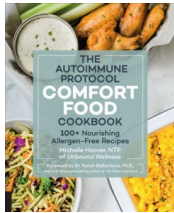
Healthy Eating



Dressing on the side (and other diet myths debunked): 11 science-based ways to eat more, stress less, and feel great about your body
by Jaclyn London

Accessible information and simple science-based strategies to help form

lasting habits for improving health.

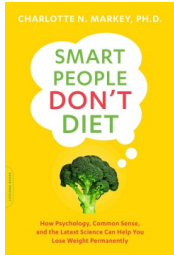


The autoimmune protocol comfort food cookbook: 100+ nourishing allergen-free recipes

by Michelle Hoover

All of the delicious comfort foods people love--remade with AIP-

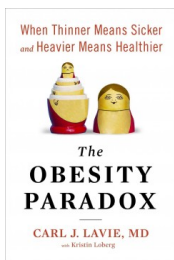
compliant ingredients and a healing twist.



Smart people don't diet: how the latest science can help you lose weight permanently
by Charlotte N Markey

A common-sense guide to permanent, healthy weight loss includes tips on eating smarter without giving up snacks and sweets, evaluating current eating habits, and making sustainable

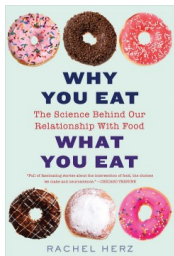
lifestyle changes.



The obesity paradox: when thinner means sicker and heavier means healthier

by Carl J Lavie

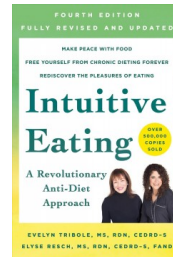
The science behind the obesity paradox and how to achieve maximum health rather than minimum weight.



Why You Eat What You Eat: The Science Behind Our Relationship with Food

by Rachel Herz

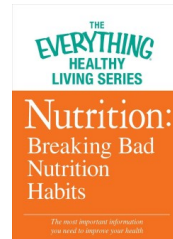
Explores the psychology, neurology and physiology of eating in today's North American culture of abundance and excess.



Intuitive eating: a revolutionary anti-diet approach

by Evelyn Tribole

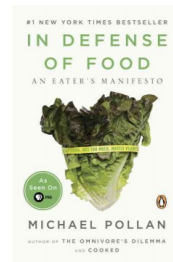
How to reject diet culture, rebuild a healthy body image, and make peace with food.



Breaking Bad Nutrition Habits: The Most Important Information You Need to Improve Your Health

by Adams Media

Expert advice and nutritious recipes to break bad habits and start eating healthy.



In defense of food: an eater's manifesto

by Michael Pollan

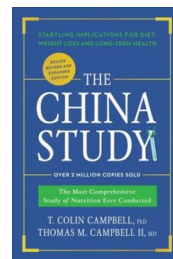
Cites the reasons why people have become so confused about their dietary choices and discusses the importance of enjoyable moderate eating of mostly traditional plant foods.



The gut-friendly cookbook: delicious low-fodmap, gluten-free, allergy-friendly recipes for a happy tummy

by Alana Scott

A collection of more than 100 low-FODMAP recipes.



The China study: the most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss and long-term health

by T. Colin Campbell

The findings of a comprehensive nutritional study that shows the relationship between a diet high in animal protein and an increased risk of developing disease.



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