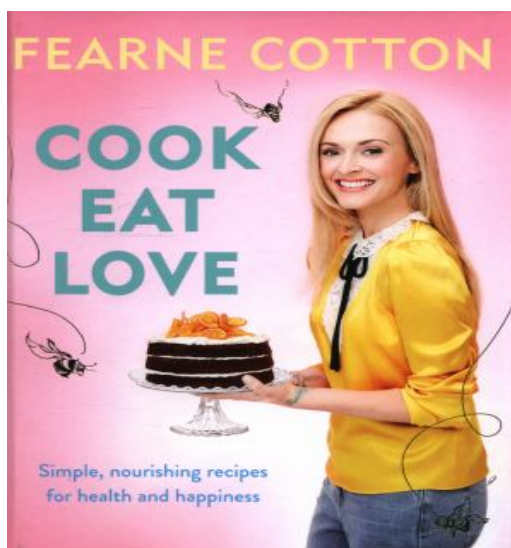


## A Selection of Books on Healthy Eating in Doncaster Libraries

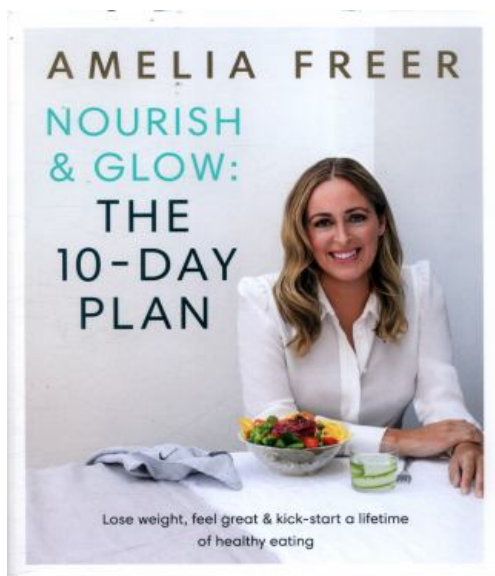
For further information contact the Leisure Library at DRI  
Tel: 01302 642890 or Ext. 642890; email [dristaff@doncaster.gov.uk](mailto:dristaff@doncaster.gov.uk)



**Cook, eat, love: simple, nourishing recipes  
for health and happiness**

Cotton, Fearne  
Orion Publishing Group Ltd, 2017  
ISBN: 9781409169437  
Shelfmark: 641.5

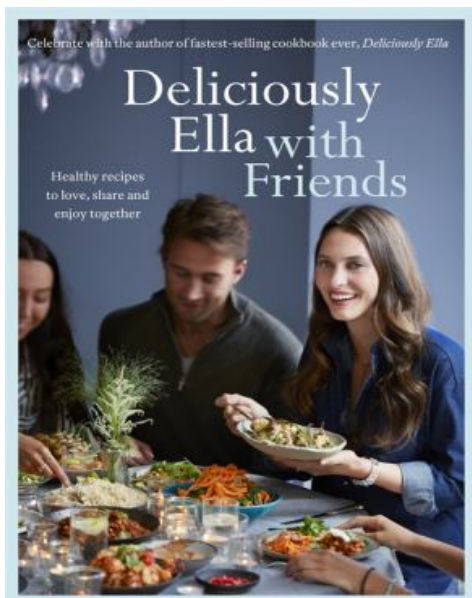
When Fearne's not making us laugh onscreen or keeping us company on the radio, you'll find her in the kitchen cooking up a storm. Easy, healthy recipes that are fun to make and delicious to eat - these are the recipes Fearne loves and has become famous for.



**Nourish & glow: the 10-day plan: lose  
weight, feel great & kick-start a lifetime of  
healthy eating**

Freer, Amelia  
Michael Joseph, 2017 ISBN: 9780718187231  
Shelfmark: 641.563

Nutritional therapist Amelia Freer shares the secrets of her exclusive practice that includes Victoria Beckham and Sam Smith as clients. With her engaging and encouraging commentary, including client case studies and scientifically researched guidance, this book showcases Amelia's unrivalled easy-to-follow 10 day meal plan and promises to fundamentally transform the way you shop for food, cook and eat.



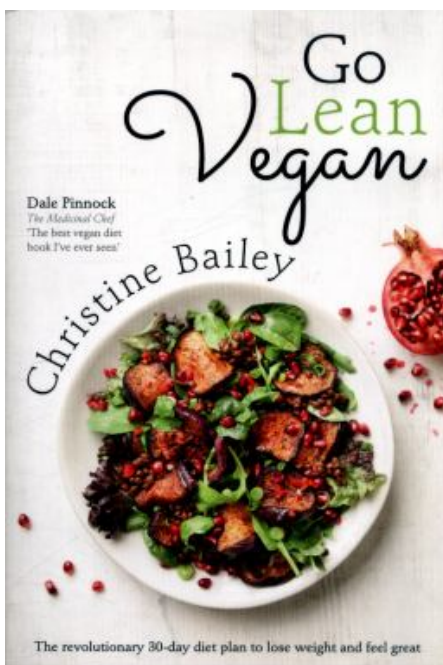
### **Deliciously Ella with friends**

Woodward, Ella

Yellow Kite, 2017 ISBN: 9781473619517

Shelfmark: 641.5638

In the follow-up to her bestseller 'Deliciously Ella Every Day', Ella makes it easy for you to prepare delicious healthy food for you, your friends and family, whatever the occasion. No more wondering whether certain dishes go together, Ella makes life simple with her menus - whether you are planning a laid-back brunch, a last-minute lunch or a fancy supper, Ella has it covered with wonderful hearty and filling recipes that celebrate her healthy eating philosophy.



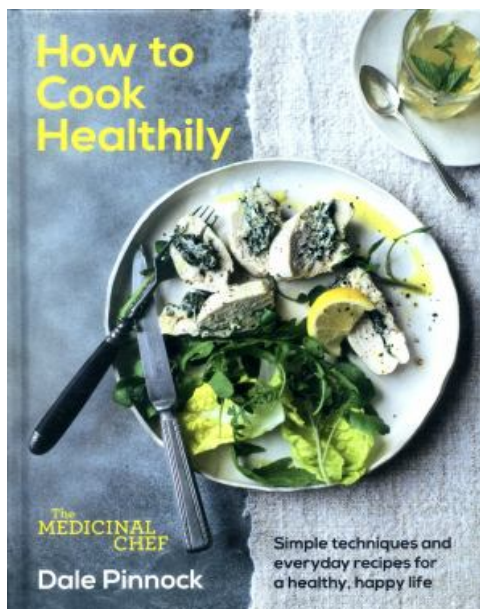
### **Go lean vegan: the revolutionary 30-day diet plan to lose weight and feel great**

Bailey, Christine

Yellow Kite, 2017 ISBN: 9781473642089

Shelfmark: 641.5636

A plant-based diet that can help you not only look great, but also lose weight! This revolutionary step-by-step 30-day diet plan will help you lose weight and start feeling better fast - while eating delicious, satisfying plant-based foods (and absolutely no calorie counting). Carefully developed by award-winning nutritionist and chef Christine Bailey, including nutritionally balanced, gluten-free and delicious recipes, this easy-to-follow, protein-rich vegan weight-loss programme will get the results you want and keep you healthy and energised.



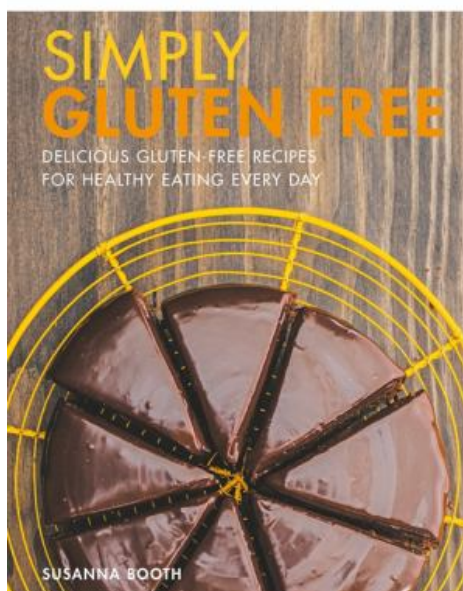
**How to cook healthily: simple techniques and everyday recipes for a healthy, happy life**

Pinnock, Dale

Quadrille, 2017 ISBN: 9781849499538

Shelfmark: 641.563

More and more people are moving towards healthy eating - both for themselves and their families. However, with the tide of conflicting headlines and myriad supermarket products that are labelled 'healthy' people often become disillusioned and confused. This is the only book home cooks will ever need to teach them the basics of healthy cooking so that they can take control of their long-term health - starting in their own kitchens.



**Simply gluten free: delicious gluten-free recipes for healthy eating every day**

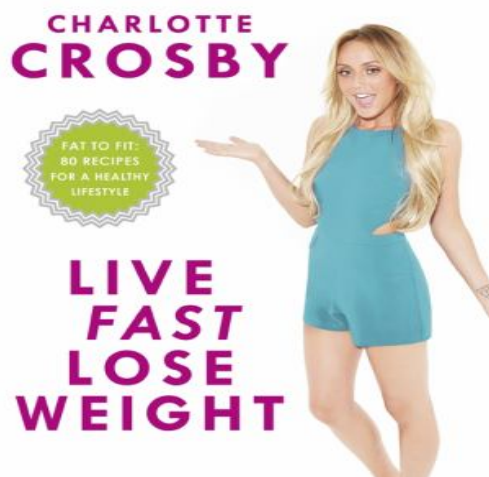
Booth, Susanna

Hamlyn, 2017 ISBN: 9780600634539

Shelfmark: 641.563931

About 1 in 100 people have coeliac disease, a lifelong autoimmune condition caused by intolerance to gluten that requires avoiding wheat, barley, rye and oats, but in this age of 'clean living' and health-conscious eating many more choose to avoid gluten as part of a healthy lifestyle. 'Simply Gluten Free' contains over 100 delicious gluten-free recipes for family and friends and includes cheats, swaps and dietary advice that will make going gluten-free easy and appealing.

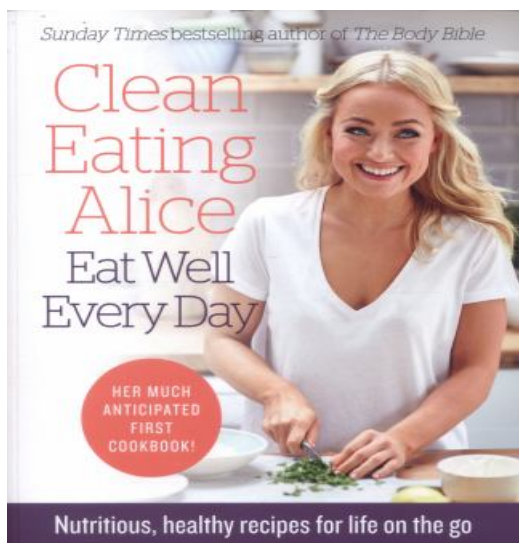




**Live fast, lose weight**

Crosby, Charlotte  
 Headline, 2016 ISBN: 9781472231987  
 Shelfmark: 613.25

Charlotte Crosby shares simple, delicious diet tips and eating plans to help you get healthy and stay slim. Her book features over 60 recipes, covering breakfast, lunch and dinner, all of which are healthy, tasty and affordable - and sure to satisfy the appetites of even the most hardened junk food addicts.



**Clean eating Alice eat well every day: nutritious, healthy recipes for life on the go**

Living, Alice  
 Thorsons, 2016 ISBN: 9780008167233

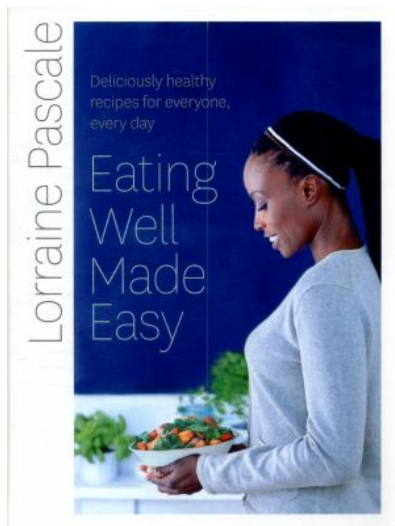
Hundreds of thousands on Instagram have already been inspired by Alice's meals that are both healthy and delicious. When people aren't obsessing over her recipes, they are checking out her amazing abs. For Alice, clean eating is all about developing a healthy relationship with food, and she believes that everyone can make permanent changes to their body with the right combination of diet and exercise.



**Keep it real: create a healthy, balanced and delicious life - for you and your family**

Avansino, Calgary  
 Yellow Kite, 2016 ISBN: 9781473619210  
 Shelfmark: 641.5637

Calgary Avansino is well-known for being at the cutting edge of well-being and lifestyle trends, but her true passion is healthy eating. She is passionate about clean eating, and about helping people make positive healthy changes to their diet by focusing on nutritious, balanced and wholesome ingredients. She encourages the whole family to make positive healthy changes and urges us to eat more 'real' food (that is, food that our grandparents would recognise!), to limit sugar in our diets, to cut out processed food and enjoy home-made food together.



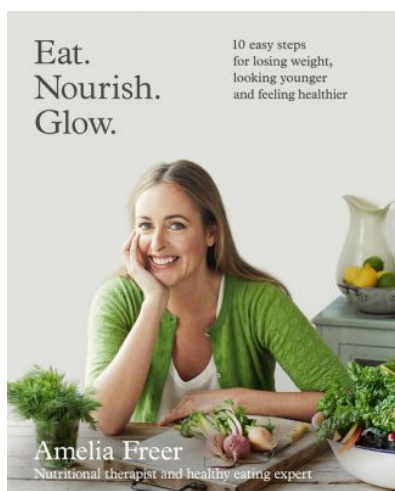
**Eating well made easy: deliciously healthy recipes for everyone, every day**

Pascale, Lorraine

HarperCollins, 2015 ISBN: 9780007489701

Shelfmark: 641.5637

It's everyone's meal-time dilemma: how to cook quick, easy, tasty meals that are also good for you? Bestselling TV chef Lorraine Pascale's 'Eating Well Made Easy' shows you how.



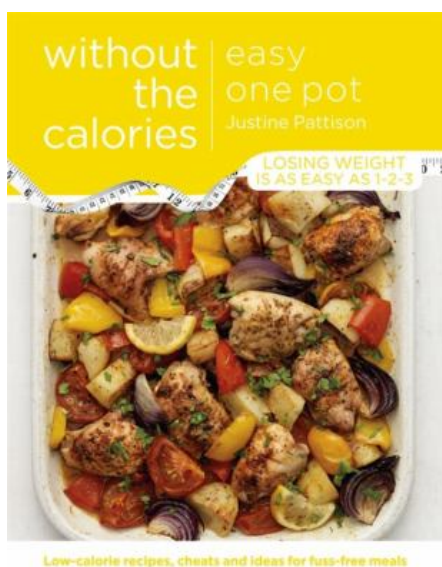
**Eat, nourish, glow: 10 easy steps for losing weight, looking younger & feeling healthier**

Freer, Amelia

Harper Collins, 2015 ISBN: 9780007579907

Shelfmark: 613.2

Nutritional therapist and healthy eating expert Amelia Freer dispatches fad diets to the distant past while guiding you to a rejuvenated future.



**Easy one pot: low-calorie recipes, cheats and ideas for fuss-free meals**

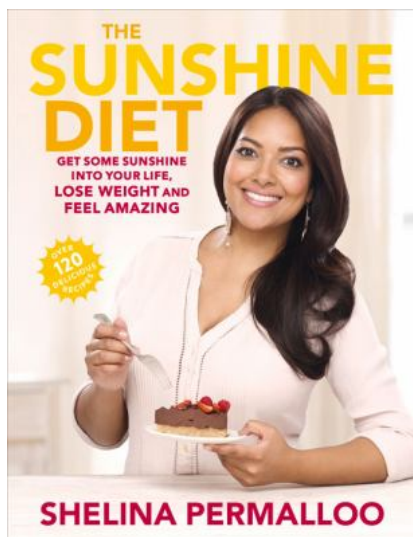
Pattison, Justine

Orion Publishing Group Ltd, 2016

ISBN: 9781409154792

Shelfmark: 641.5635

Justine's thoroughly tested recipes are simple, accessible and imaginative. Her writing experience and clever combinations will make losing weight as easy as 1-2-3! Each delicious one pot recipe is supplied with introductions, prep and cook times, calorie counts and additional applicable nutritional information, plus Justine's trademark tips and ideas to support and enhance the cooking experience.



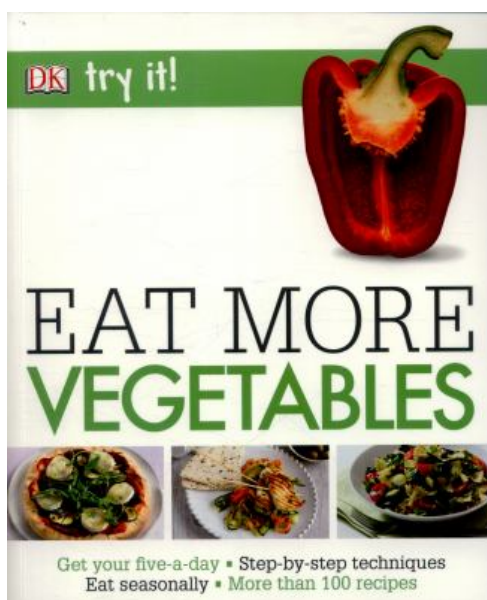
**The sunshine diet: the easy way to eat healthily, stay happy and look great**

Permalloo, Shelina

Ebury Press, 2015, ISBN: 9780091951146

Shelfmark: 641.5635

Shelina's life has been transformed since winning Masterchef, including television appearances, demos, food festival appearances and catering for private functions all over the world. After focusing so much on work and not paying enough attention to what she was eating, Shelina realised she'd stopped feeling and looking like herself anymore. She decided her eating habits had to change but she didn't want to stop enjoying food.



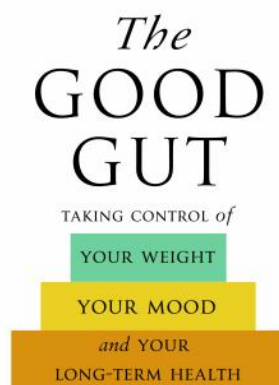
**Eat more vegetables**

Dorling Kindersley Limited, 2016

ISBN: 9780241248263

Shelfmark: 641.65

Make vegetables the star attraction and prove that you don't need meat to make a meal with 'Eat More Veg'. Introduce more variety into your diet, reduce the amount of meat you eat, find new uses and flavour combinations of your favourite vegetables and cook delicious meals for your family and friends. Informative step-by-step techniques show how to prepare and cook a variety of vegetables, such as artichoke hearts, beetroot and avocados, and feature tips on cooking methods and flavour combinations.



**The good gut: taking control of your weight, your mood, and your long term health**

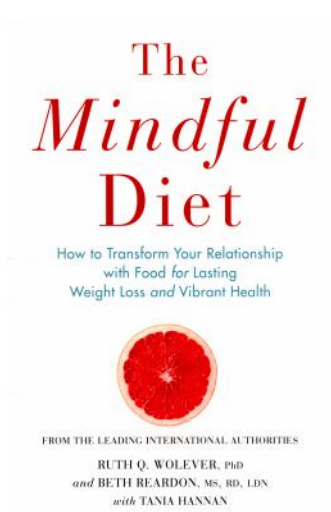
Sonnenburg, Justin and Sonnenburg, Erica

Bantam Press, 2015 ISBN: 9780593074299

Shelfmark: 613.264

Genetics and lifestyle are thought to be the two most important determinants of good health. But that is not the whole story. We have a second genome, our gut bacteria, that sets the dial on our bodies. Unlike our DNA, we can influence the gut bacteria, or microbiota, to optimize all aspects of our health.





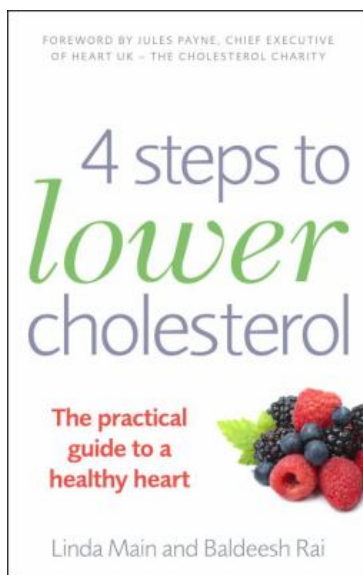
**The mindful diet: how to transform your relationship with food for lasting weight loss and vibrant health**

Wolever, Ruth et al

Atlantic Books, 2015 ISBN: 9781782396499

Shelfmark: 613.25

The Mindful Diet' combines cutting-edge science and authority with the warmhearted encouragement and non-judgmental intimacy of a personal wellness coach to reprogram the mind and body, change your relationship to food, improve sensory satisfaction, increase happiness and lose weight for life.



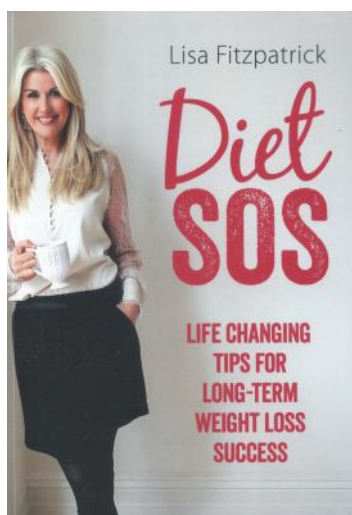
**4 steps to lower cholesterol: the practical guide to a healthy heart**

Main, Linda and Rai, Baldeesh

Vermilion, 2015 ISBN: 9781785040177

Shelfmark: 613.284

A practical, comprehensive and easy-to-use guide for anyone worried about their cholesterol. Written by two experts from HEART UK (the UK's leading cholesterol charity) and including the latest scientific research, this book gives you the information you need to understand cholesterol and make simple lifestyle changes to improve your health.



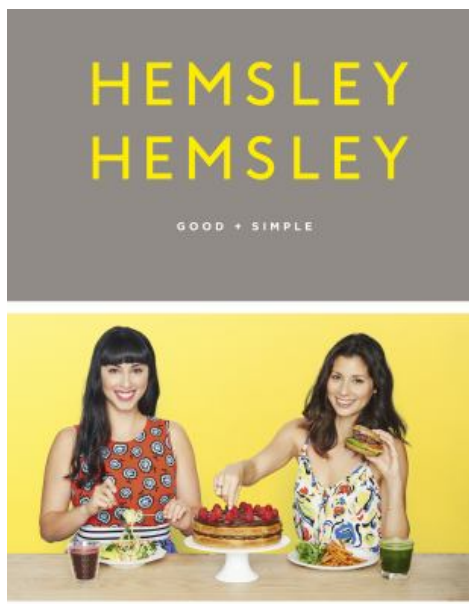
**Diet SOS: lose weight, live well, look wonderful**

Fitzpatrick, Lisa

Kyle Books, 2014 ISBN: 9780857831729

Shelfmark: 613.2

This is an honest first-person account from someone who knows what it is like to struggle with her weight. Lisa Fitzpatrick is a popular TV personality with a strong media presence both in the UK and Ireland. This title provides motivational tips, advice on making lifestyle changes, and gives realistic goals to achieve sustainable weight loss.



**Hemsley Hemsley - good + simple**

Hemsley, Jasmine and Hemsley, Melissa  
Ebury Press, 2016 ISBN: 9781785031601  
Shelfmark: 641.563

Eating well doesn't have to be complicated. In fact, it should be simple. In this cookbook, packed with over 120 brand-new recipes, Jasmine and Melissa Hemsley strip back their H+H principles of lifelong healthy eating to make eating well easy to understand and even easier to maintain. Written for anyone who loves food and wants to look and feel amazing, the sisters' down-to-earth approach and infectious enthusiasm will encourage you to reset your body and enjoy foods to feel happier, healthier and more energised.