

The Book Club

We browsed the new-releases aisle so you don't have to. Here are the best healthy reads this season.

Site Seeing

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OK, we know the URL is long, but it's worth it (trust us!). Have you ever asked yourself, What's actually in an apple? Aside from the standard cal and macronutrient questions, what else is your mid-morning snack made of? How much potassium is in there? Is it mostly water? And what about iron? This USDA-sanctioned page is great to have on hand when you're cooking or creating a new clean recipe and want to know the nutritional breakdown to a tee. Navigation is a cinch, and you'll never be short on food options. Store it in your favorites (so you don't have to type it all out again) and never spend another minute wondering what's in your next meal.



The Eat-Clean Diet Cookbook: Great-Tasting Recipes That Keep You Lean!

(Robert Kennedy Publishing, \$19.95) by Tosca Reno

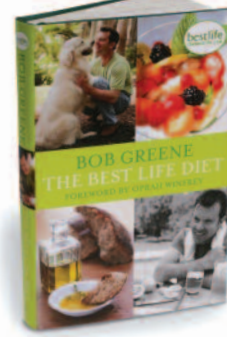
Always promising to clean up your eating act but not sure where to get started? Now you have no more excuses! Best-selling author and nutrition columnist Tosca Reno has put together an easy-to-follow cookbook companion to her hit, *The Eat-Clean Diet: Fast Fat Loss That Lasts Forever!* A self-professed visual person, Reno gets your cooking juices going with beautiful food, mistake-proof legends and tons of back-to-basics pages that explain everything from protein fundamentals to the mystery of noodles! Run through each recipe to become your very own clean-eating gourmet, or pick and choose the tips that work best for your lifestyle. Little extras: Ingredients are highlighted in different colors to make writing shopping lists a breeze!



The Thrive Diet: The Whole Foods Way to Losing Weight, Reducing Stress and Staying Healthy for Life

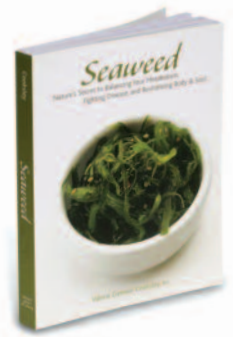
(Penguin Group, \$24 at amazon.com) by Brendan Brazier

This book is for all the vegetarians and vegans who are still desperately in search of recipes that can actually provide them with the energy they need for an active life. How do you know you can trust us? The author, Brendan Brazier, is a professional Ironman triathlete and the creator of Vega, an award-winning line of whole-food nutritional products. This book touts more than 100 easy-to-make recipes and a 12-week whole-foods meal plan that promises to reduce body fat, diminish signs of aging and boost energy and mental clarity. Look out for fabulous vegan and vegetarian recipes created by the book's author in our spring issue!



The Best Life Diet

(Simon & Schuster, \$26) by Bob Greene
With a foreword by Oprah Winfrey, this book never had a chance at failure. Bob Greene – perhaps best known as Oprah's trainer – is also the best-selling author of *Get With the Program!* and *Bob Greene's Total Body Makeover*, and this one is sure to top the charts, too. His motto is that there's no one-size-fits-all diet, and he's filled a book with pertinent nutrition information on how to balance lean protein, healthy fats and complex carbs, based on an individual's activity level. This book is divided into three brilliant phases, asking you to reassess your choices and habits in each phase to help you stay current and looking forward to your goals. This book also boasts easy-to-follow eating plans and recipes that total more than 100 pages!



Seaweed: Nature's Secret to Balancing Your Metabolism, Fighting Disease and Revitalizing Body & Soul

(Stewart, Tabori & Chang, \$16.95) by Valerie Gennari Cooksley, RN

If there were a magic potion to cure disease and lengthen your life, would you take it? Of course you would. What if it made you feel great and more beautiful, too? Even better! Believe it or not, Valerie Gennari Cooksley has evidence that this miracle food does exist, and it's easily available. She has written 205 pages on how seaweed is the fountain of youth – whether eaten fresh or dried or taken in capsule form. She has also compiled more than 75 recipes to give you an abundance of options on how to fit seaweed into your diet. This book even has illustrations.