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Food Matters by Mark Bittman may just be the ultimate encyclopedia for healthy recipes. This book contains an astonishing 500 recipes and he does not believe in leaving any food group out. Recipes vary from pasta with asparagus, bacon, and egg to chocolate chunk oatmeal cookies.

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The Best 12 Books About Healthy Eating

If you want to know how to stock the kitchen, ask a chef. Amy Chaplin applies her knowledge and love of food in a book that is designed to teach the basics of healthy eating and whole foods. Her section on stocking the pantry goes beyond just what you need. She explains how and why certain ingredients are used.

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Popular Health Books

Books shelved as health: In Defense of Food: An Eater's Manifesto by Michael Pollan, The Omnivore's Dilemma: A Natural History of Four Meals by Michael P

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The 20 Must Read Fitness Health and Happiness Books of

Gena also breaks down what exactly a raw food diet is; the health benefits of plant-based, whole-food diets; and the best way to ease into eating more raw, all without getting science-y or preachy.

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Health Food Junkies Google Books

Health Food Junkies is the first book to identify this new eating disorder, orthorexia nervosa, and to offer detailed, practical advice on how to cope with and overcome it. Orthorexia nervosa occurs when the victim becomes obsessed, not with the quantity of food eaten, but the quality of the food.

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