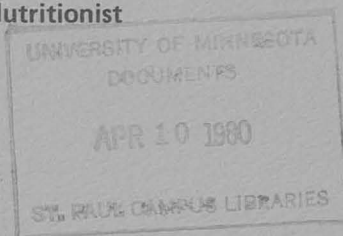


Cook- books for Special Needs

Agricultural Extension Service
University of Minnesota

Mary Darling, Extension Nutritionist



Most of these cookbooks are for people who prepare meals following modified diets prescribed by their physicians. Several cookbooks or recipe booklets are listed for each type of diet. There are many other reliable and accurate cookbooks. Those listed include a range of prices.



Cook- books FOR DIABETICS

Cookbook for Diabetics by American editor Gaynor Maddox, compiled by the Ontario Dietetic Association and the Canadian Diabetic Association. Taplinger Publishing Company, Inc., 200 Park Avenue S., New York, NY 10003. 1967. Paperback \$2.95.

—This book has a variety of recipes for the diabetic. Each recipe gives its exchange equivalent which is very helpful.

Diabetic Soups by Suzanne Binet, approved by the Canadian Dietetic Association. The Vanguard Press, Inc., 424 Madison Avenue, New York, NY 10017. 1977. Hard \$7.95. Paperback \$4.95.

—An impressive variety of clearly presented recipes. Includes both exchange and calorie values for 150 tested recipes.

The Art of Cooking for the Diabetic by K. Middleton and M. A. Hess. Contemporary Books, Inc., 180 N. Michigan Avenue, Chicago, IL 60601. 1978. 372 pages. Hard \$12.95. Paperback \$2.95.

—Three hundred tested recipes are analyzed for carbohydrate, fat, protein, calories, sodium, and exchange values. Includes the topics of eating out, alcohol use, exercise, sugar substitutes, and the terminology of labels.

The Calculating Cook by Jeanne Jones. 101 Productions, 834 Mission Street, San Francisco, CA 94103. 1972. Paperback \$4.95.

—A gourmet cookbook for diabetics and dieters. Also included are sample menus for breakfast, lunch, and dinner.

The Diabetic Gourmet by Angela J. Bowen, M.D. Harper and Row Publishers, Keystone Industrial Park, Scranton, PA 18512. 1970. 155 pages. Hard \$10.00.

—Each recipe lists the carbohydrate, protein, and fat content and exchange value.

Cooking with Artificial Sweeteners

The Pillsbury New Lo-Calorie Cookbook.

The Pillsbury Company, Post Office Box 60-916, Department 153, Minneapolis, MN 55460. 1970.

—This pamphlet gives recipes substituting their low calorie sweeteners, Sprinkle Sweet and Liquid Sweet 10, for sugar. The Pillsbury Company also has a packet on using the nutrition panel on labels.

Sucaryl. Abbot Laboratories, Consumer Products Division, Abbott Park, North Chicago, IL 60064.

—This little pamphlet uses sucaryl, a low calorie brand sweetener in its recipes.

Sources of Additional Information on Diabetes and Diabetic Diets

American Diabetes Association/Minnesota Affiliate, 5400 Glenwood Avenue, Minneapolis, MN 55422, (612) 546-9619. Write for name of person to contact in your area. There are many chapters or units throughout Minnesota. The monthly newsletter, *ADAM in Action*, contains articles on food preparation.

Diabetes in the News, 233 E. Erie Street, Suite 712, Chicago, IL 60611. Published quarterly by the Ames Division of Miles Laboratories. No charge.

Diabetes Forecast, American Diabetes Association, 600 Fifth Avenue, New York, NY 10020. One year \$5.00, bimonthly.

Baking for People with Food Allergies. USDA Home and Garden Bulletin No. 147, Superintendent of Documents, U.S. Government Printing Office, Washington DC 20402. May 1975. 16 pages. Estimated price 50 cents.

Delicious and Easy Rice Flour Recipes by M. N. Wood. Charles C. Thomas Co., 301-327 E. Lawrence, Springfield, IL 62717. 1972. 160 pages. Hard \$7.25.

Gourmet Food on a Wheat-Free Diet by M. N. Wood. Charles C. Thomas Co., 301-327 E. Lawrence, Springfield, IL 62717. 1979. 128 pages. Hard \$8.75.

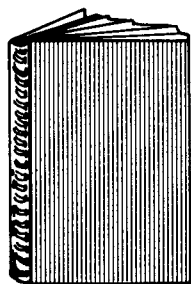
—Recipes developed by the author using rice flour supplemented by corn and rye. She points out which foods to avoid, which contain gluten, and unsuspected places where gluten may be found.

Low-Gluten Diet with Tested Recipes. Clinical Research Unit, University of Michigan Hospital, Ann Arbor, MI 48104. 1969. 66 pages. Paperback \$2.00.

125 Great Recipes for Allergy Diets. Good Housekeeping Bulletin Service, Box 2317, FDR Station, New York, NY 10022. 1967. 43 pages. Pamphlet 75 cents.

—The recipes are made without egg, gluten, milk, and/or wheat.

For information on the availability and the cost of low protein or gluten-free products, such as baking mix, wheat starch, and low protein bread that are useful for some people with gluten (wheat) allergies, contact: Dietary Specialties, Henkee Corporation, 4620 W. 77th Street, Minneapolis, MN 55435, (612) 830-7906; Ener-G Foods, Inc., P.O. Box 24723, Fox Avenue S., Seattle, WA 98124; or Midwest Gluten Intolerance Group, c/o Dale V. Carlson, 8633 Harrison Circle, Bloomington, MN 55437

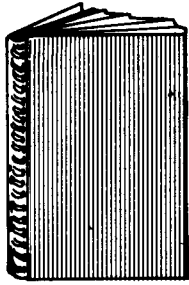


Cook- books

FOR ALLERGY DIETS

Allergy Recipes. American Dietetic Association, 430 North Michigan Avenue, Chicago, IL 60611. 1975. 64 pages. Paperback \$1.50.

—Contains wheat-, milk-, and egg-free recipes and combinations of two or three restrictions.



Cook- books

FOR MODIFIED FAT AND
SODIUM RESTRICTED DIETS

Modified Fat Diet

A Diet for Today and Questions and Answers About Fats and Oils in Our Foods. Mazola[®] Nutrition Information Service, Department Q/D, Box 307, Coventry, CT 06238.

—Two booklets that provide helpful menus and recipes.

Diet For a Happy Heart by Jeanne Jones. 101 Productions, 834 Mission Street, San Francisco, CA 94103. 1975. 192 pages. Paperback \$5.95.

—A low-cholesterol, low-saturated fat, sugar-free cookbook of 200 recipes emphasizing low calorie food preparation. Diabetic exchanges are calculated as well as fat and cholesterol.

Good Housekeeping's 125 Favorite Low-Fat, Low-Cholesterol Recipes. Good Housekeeping Bulletin Service, Box 2317, FDR Station, New York, NY 10022. 63 pages. Booklet 75 cents.

—After a helpful section that answers many questions about modified fat diets, there are recipes for main dishes, vegetables, pastas, salads and salad dressings, desserts, and snacks. *Good Housekeeping's* monthly feature, "You and Your Diet," has helpful ideas in several issues each year.

Recipes for Fat-Controlled, Low-Cholesterol Meals. Minnesota Heart Association, 4701 West 77th Street, Minneapolis, MN 55435. Booklet, no charge.

—Thirty-seven recipes, including main dishes, vegetables, salad dressings, and desserts.

The American Heart Association Cookbook. American Heart Association, David McKay Company, Inc., 2 Park Avenue, New York, NY 10016. 1973. 412 pages. Hard \$11.95.

—This cookbook offers over 400 tested recipes for the person on a fat modified diet. Also available from Ballantine Cookbooks, P.O. Box 505, Westminster, MD 21157. Paperback \$2.25.

The Jack Sprat Cookbook or Good Eating on a Low-Cholesterol Diet by Polly Zane. Harper and Row, Keystone Industrial Park, Scranton, PA 18512. 1973. 481 pages. Hard \$12.95.

—Some of the 600 recipes are for the gourmet cook, others are plain and simple. A variety of well written recipes.

The Low-Cholesterol Cookbook by Mable Cavaiani. Henry Regnery Company, Barnes & Noble Books, 10 East 53rd Street, New York, NY 10022. 1972. 258 pages. Hard \$8.95. Paperback \$2.95.

—This cookbook offers an interesting chapter on foreign foods. Although this chapter is not extensive, it does present new ideas with foreign flair.

The Low-Fat, Low-Cholesterol Diet by C. Bond and others. Doubleday and Company, Inc., Garden City, NY 11530. Revised 1971. 371 pages. Hard \$8.95.

—The book is designed for the homemaker. The recipes are palatable and acceptable for the whole family, except for the most seriously restricted preparations. The prevention of heart disease is discussed. Methods for controlling texture, flavor, and appearance are described. For example, you are told how to substitute oil for butter without sacrificing texture and flavor.

Sodium Restricted Diets

Cooking Without a Grain of Salt by E.W. Bagg. Doubleday and Company, Inc., Garden City, NY 11530. 1964. 224 pages. Hard \$7.95. Also available from Bantam Books, Inc., 666 Fifth Avenue, NY 10019. 1972. Paperback \$2.25.

—This is an easy-to-read book written in a friendly manner. There are general diet instructions and recipes.

Low Sodium Diets Can Be Delicious. Fleischmann's Margarine, Box 1315, Elm City, NC 27822. 38 pages. Pamphlet 50 cents.

—This book contains general rules, sodium content of foods, and menu plans. Thirty-eight recipes are included. The sodium content per serving for each recipe is listed.

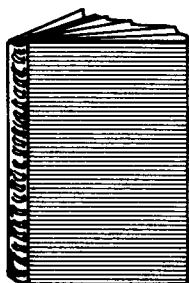
Secrets of Salt-Free Cooking by Jeanne Jones. 101 Productions, 834 Mission Street, San Francisco, CA 94103. 1979. 192 pages. Paperback \$5.95.

—The diabetic exchanges are calculated along with the sodium and calorie content of each serving.

Sodium and Fat Restricted Diets

The Fat and Sodium Control Cookbook by Alma Payne and Dorothy Callahan. Little Brown and Company, 34 Beacon Street, Boston, MA 02106. 1975 (4th edition). 539 pages. Hard \$8.95.

—This cookbook has been tested over 20 years of use. Updated information on the preparation of food with salt and fat modifications are very helpful.



Cook- books

FOR VEGETARIAN DIETS

These cookbooks include recipes for milk, milk products, and eggs as well as nuts, legumes, beans, grains, fruits, and vegetables.

Diet for a Small Planet by Frances Moore Lappe' and Ellen B. Ewald. Ballantine Books, Inc. 101 Fifth Avenue, NY 10003. 1975. Paperback \$1.95.

—This paperback gives a lengthy introduction to proteins, including recipes using plant sources of protein.

Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition by L. Robertson, C. Flinders, and B. Godfrey. Nilgiri Press, Box 477, Petaluma, CA 94952. 1976. 508 pages. Hard \$15.00. Paperback \$3.95.

—The foreword by George M. Briggs, Professor of Nutrition, University of California, Berkeley, introduces this major contribution to vegetarian cookery. The woodcuts illustrating this cookbook enhance the accurate nutrition information and the interesting recipes.

Recipes for a Small Planet by Ellen Buchman Ewald. Ballantine Books, Inc., 101 Fifth Avenue, NY 10003. 1973. Paperback \$2.50.

—Introduction by F. M. Lappe', author of *Diet for a Small Planet*, makes these a pair of useful cookbooks that emphasize the importance of amino acid distribution in plant sources of food.

The Vegetarian Epicure by Anna Thomas. Volumes I and II. Random House Inc., 400 Hahn Road, Westminster, MD 21157.

—The author enthusiastically writes of her pleasures in cooking. The recipes provide a variety of tasty preparations.

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