

## Food Non-Fiction

Sorted by Call Number / Author

- 362.1963 ING Ingram, Scott. Want fries with that? : obesity and the supersizing of America. New York : Franklin Watts, 2005.  
Introduction be confused. be very confused -- What is a crisis? -- How you are what you eat -- Obesity's effect on mind and body -- Walking away from obesity -- Glossary -- Bibliography -- To find out more -- Index.
- 394.1097 SCH Schlosser, Eric. Fast food nation : the dark side of the all-American meal. Boston : Houghton Mifflin, 2001.
- 394.12 ZIM Zimmern, Andrew. The bizarre truth : how I walked out the door mouth first-- and came back shaking my head. 1st ed. New York : Broadway Books, c2009.  
"Andrew Zimmern, the host of the Travel Channel's hit series 'Bizarre Foods with Andrew Zimmern", has an extraordinarily well-earned reputation for traveling far and wide to seek out and sample anything and everything that is consumed as food globally, from cow-vein stew in Bolivia and giant flying ants in Uganda to raw camel kidneys in Ethiopia, putrefied shark in blood pudding in Iceland...For Zimmern, local cuisine--bizarre, gross, or downright stomach turning, as it may be to us-- it is not simply what's served at mealtime. It is a primary avenue to discovering what is most authentic--the bizarre truth--about cultures everywhere..."--Dust jacket.
- 394.1209 COL Colón, Suzan. Cherries in winter : my family's recipe for hope in hard times. 1st ed. New York : Doubleday, c2009.  
You're home early tonight -- Backbone -- Soup du jour deja vu -- The ladies of the Grange -- The first national coffee can and savings bank -- Desperate housewife -- Southern comfort -- Happy wife, happy life -- How long will it keep? -- Fine vases, cherries in winter, and other life saving devices -- What price beauty? -- Forecast : bleak today, chance of the universe providing tomorrow -- A ten-dollar bet and a five-dollar winner -- We wish you a merry Tuesday -- When in doubt, bake -- Fabulous, never better -- Leave the dishes. Suzan Colón shares how she learned the meaning of resilience and gratitude by studying and recreating her grandmother's treasured family recipes.
- 613.2 HAU Hauptert, Tina. Carrots 'N' cake : healthy living one carrot and cupcake at a time. New York : Sterling Epicure, c2011.  
Tina Hauptert recounts her weight loss journey, describing how her blog, "Carrots 'N' Cake," helps keep her accountable, and shares some of her favorite recipes and tips for balancing healthy eating with enjoying life, food, and family.
- 613.2 POL Pollan, Michael. Food rules : an eater's manual. New York : Penguin Books, 2009.  
A guide to health and food that contains rules for eating well, with insights from various ethnic and cultural traditions.
- 613.2 POL Pollan, Michael. In defense of food : an eater's manifesto. New York : Penguin Press, 2008.  
The age of nutritionism. From foods to nutrients -- Nutritionism defined -- Nutritionism comes to market -- Food science's golden age -- The melting of the lipid hypothesis -- Eat right, get fatter -- Beyond the pleasure principle -- The proof is in the low-fat pudding -- Bad science -- Nutritionism's children -- The Western diet and the diseases of civilization. The aborigine in all of us -- The elephant in the room -- The industrialization of eating: what we do know -- From whole foods to refined -- From complexity to simplicity -- From quality to quantity -- From leaves to seeds -- From food culture to food science -- Getting over nutritionism. Escape from the Western diet -- Eat food-- food defined -- Mostly plants-- what to eat -- Not too much-- how to eat. "Eat food. Not too much. Mostly plants." These simple words go to the heart of food journalist Pollan's thesis. Humans used to know how to eat well, he argues, but the balanced dietary lessons that were once passed down

through generations have been confused and distorted by food industry marketers, nutritional scientists, and journalists. As a result, we face today a complex culinary landscape dense with bad advice and foods that are not "real." Indeed, plain old eating is being replaced by an obsession with nutrition that is, paradoxically, ruining our health, not to mention our meals. Pollan's advice is: "Don't eat anything that your great-great grandmother would not recognize as food." Looking at what science does and does not know about diet and health, he proposes a new way to think about what to eat, informed by ecology and tradition rather than by the nutrient-by-nutrient approach.--From publisher description.

- 613.2019 WIA Wiatt, Carrie Latt. Eating by design : the individualized food personality type nutrition plan. New York : Pocket Books, 1995.
- 613.25 GUI Guiliano, Mireille, 1946-. French women don't get fat. 1st ed. New York : Knopf, 2005.  
A gourmand's guide to the slim life shares the principles of French gastronomy, the art of enjoying all edibles in proportion, arguing that the secret of being thin and happy lies in the ability to appreciate and balance pleasures.
- 613.25 ZIN Zinczenko, David. Eat this, not that! 2011 : thousands of easy food swaps that can save you 10, 20, 30 pounds-- or more! Emmaus, Pa. : Rodale, c2010.
- 616.8526 ROT Roth, Geneen. Women, food, and God : an unexpected path to almost everything. 1st Scribner hardcover ed. New York : Scribner, 2010.  
A guide to integrating eating habits with core beliefs about love, fear, meaning, and God, with encouragement for finding overall fulfillment and achieving lasting weight loss through personal spiritual examination.
- 641.0973 KIN Kingsolver, Barbara. Animal, vegetable, miracle : a year of food life. New York : Harper Collins Publishers, c2007.  
When Kingsolver and her family move from suburban Arizona to rural Appalachia, they take on a new challenge: to spend a year on a locally produced diet, paying close attention to the provenance of all they consume. "Our highest shopping goal was to get our food from so close to home, we'd know the person who grew it. Often that turned out to be ourselves as we learned to produce what we needed, starting with dirt, seeds, and enough knowledge to muddle through. Or starting with baby animals, and enough sense to refrain from naming them."--From publisher description.
- 641.3 SPU Spurlock, Morgan, 1970-. Don't eat this book : fast food and the supersizing of America. New York : Putnam, 2005.
- 641.5 FRA Franklin, Emily. Too many cooks : kitchen adventures with 1 mom, 4 kids, and 102 recipes. 1st ed. New York : Voice/Hyperion, c2009.  
Emily Franklin chronicles the year she spent trying to pass on her love of food and cooking to her husband and two children and shares more than one hundred of their favorite recipes.
- 641.5 MAR The Martha Stewart living cookbook. 1st ed. New York : C. Potter, 2000.
- 641.5092 BOU Bourdain, Anthony. Kitchen confidential : adventures in the culinary underbelly. New York : Bloomsbury, 2000.
- 641.5092 CHI As always, Julia : the letters of Julia Child and Avis DeVoto : food, friendship, and the making of a masterpiece. Boston : Houghton Mifflin Harcourt, 2010.  
A collection of more than two hundred correspondences between American chef Julia Child and her friend and literary agent Avis DeVoto, accompanied by commentary by food historian Joan Reardon.
- 641.563 SEI Seinfeld, Jessica. Double delicious! : good, simple food for busy, complicated lives. 1st ed. New York : William Morrow, c2010.  
Collects simple recipes for a range of dishes from Jessica Seinfeld that feature added nutrition from fruits, vegetable, whole grains, and natural sugar

- alternatives, and provides advice for grocery shopping and time-saving tips.
- 641.5635 DIS DiSpirito, Rocco. 150 of America's favorite comfort foods, all under 350 calories. New York : Ballantine Books, 2010.
- 641.5635 DIS DiSpirito, Rocco. Now eat this! diet. 1st ed. New York : Grand Central Life & Style, 2011.  
Now you can really lose weight -- The now eat this! diet -- Fat-burn breakfasts -- Lean and light lunches -- Slimmer dinners -- Savory snacks -- Sweet nothings. Rocco DiSpirito presents a weight-loss program that substitutes healthier alternatives for traditional favorites and comfort foods, focusing on eating six smaller meals made up of delicious, satisfying foods that will help people stay full and lose weight, with recipes, meal plans, and nutrition information.
- 641.5945 LES Leslie, Mark. Beyond the pasta : recipes, language & life with an Italian family. Seattle, WA : Gemelli Press ;, c2010.
- 641.5973 ERW Erway, Cathy. The art of eating in : how I learned to stop spending and love the stove. New York, N.Y. : Gotham Books, 2010.  
Eating out in New York -- The start of my restaurant fast -- Breaking into bread -- Mise-en-place -- Chilaquiles and meringues: cooking quirks and characteristics -- Getting dirty: trash diving, freegans, and frugalistas -- From the land: urban foraging 101 -- Not ordering in: less haste, less waste -- Giving thanks: communal feasting with friends and family -- Going solo -- New lows: the search for the perfect date meal -- Underground eateries: supper clubs and the formation of the ultra-exclusive SOS (singles only supper club) -- Hanging over in New York: the Mexican menudo incident -- Cooking up a storm: competitive cooking and crazier collaborations -- The end of an era -- The opposite week experiment -- Epilogue. In the city where dining is a sport, a gourmand swears off restaurants (even takeout ) for two years, rediscovering the economical, gastronomical joy of home cooking. Includes thirty original recipes.
- 641.5973 FIE Fieri, Guy. Diners, drive-ins, and dives : an all-American road trip--with recipes! 1st ed. New York : William Morrow, c2008.  
Food Network star Guy Fieri takes readers on an American road trip, visiting diners and restaurants along the way and including recipes and historical information about each establishment.
- 641.5973 PAL Paltrow, Gwyneth, 1972-. My father's daughter : delicious, easy recipes celebrating family & togetherness. 1st ed. New York : Grand Central Life & Style, 2011.  
The well-stocked pantry -- Soups -- Salads -- Burgers & sandwiches -- Pastas -- Main courses -- Side dishes -- Breakfast -- Desserts. Actress, television host, and blogger Gwyneth Paltrow offers 150 recipes from her kitchen and reflects on her experiences with food and family.
- 641.5973 SEI Seinfeld, Jessica. Deceptively delicious : simple secrets to get your kids eating good food. 1st ed. New York : Collins, c2007.  
Counsels parents on how to promote healthy eating in children, providing a selection of vegetable-enhanced classic recipes, from macaroni and cheese with pureed cauliflower to spinach brownies.
- 641.8653 GOL Goldman, Duff. Ace of cakes : inside the world of Charm City Cakes. 1st ed. New York, NY : William Morrow, c2009.
- BIO ACHATZ Achatz, Grant. Life, on the line : a chef's story of chasing greatness, facing death, and redefining the way we eat. New York, NY : Gotham Books, 2011.  
Achatz, "one of America's great chefs" ("Vogue"), shares how his drive to cook immaculate food won him international renown--and fueled his miraculous triumph over tongue cancer. "Life, on the Line" is also a book about survival, about nurturing creativity, and about profound friendship.

- BIO BOURDAIN Bourdain, Anthony. Medium raw : a bloody valentine to the world of food and the people who cook. 1st ed. New York : Ecco, c2010.  
The author traces his own journey from a novice cook to celebrity chef.
- BIO BRUNI Bruni, Frank. Born round : the secret history of a full-time eater. New York : Penguin Press, 2009.  
"New York Times" restaurant critic Frank Bruni chronicles his lifelong battle with his weight, describing how his love of food from an early age lead to health and self-esteem problems as an adult and explaining how he finally managed to lose weight and keep it off, despite his profession.
- BIO CHILD Child, Julia. My life in France. 1st ed. New York : Alfred A. Knopf, 2006.
- BIO CHILD Fitch, Noel Riley. Appetite for life : the biography of Julia Child. 1st ed. New York : Doubleday, 1997.
- BIO DEEN Deen, Paula H., 1947-. Paula Deen : it ain't all about the cookin'. New York : Simon & Schuster, 2007.
- BIO DEEN Groover, Michael, 1955-. My delicious life with Paula Deen. 1st Simon & Schuster hardcover ed. New York : Simon & Schuster, 2009.  
Life before Paula -- So, this wild, white-haired gal comes rushin' -- Into my back yard -- I married her, I did -- Fame swamps me -- Travelin' with Paula -- Shoppin' with Paula (for Paula, too) -- Eatin' with Paula, cookin' too, y'all -- Backstage in my bedroom -- Romance with Paula -- Gettin' rid of the dry rot -- A fishin' expedition -- The secret life of the Deen/Groovers -- Epilogue. The author discusses his life and marriage to Food Network chef Paula Deen, detailing how they met, fell in love, and more; and includes recipes.
- BIO GILBERT Gilbert, Elizabeth, 1969-. Eat, pray, love : one woman's search for everything across Italy, India and Indonesia. New York : Viking, 2006.  
Italy, or, "Say it like you eat it," or, 36 tales about the pursuit of pleasure -- India, or, "Congratulations to meet you," or, 36 tales about the pursuit of devotion -- Indonesia, or, "Even in my underpants, I feel different," or, 36 tales about the pursuit of balance.
- BIO JORDAN Jordan, Pete. Dishwasher : one man's quest to wash dishes in all fifty states. 1st ed. New York : Harper Perennial, c2007.
- BIO MELUCCI Melucci, Giulia. I loved, I lost, I made spaghetti : a memoir. 1st ed. New York : Grand Central, 2009.  
Brooklyn-based publicist Giulia Melucci shares the tales of her relationships gone awry, and the food that sustained her through it all.
- BIO MOSES Moses, Kate. Cakewalk : a memoir. 1st ed. New York : Dial Press, c2010.  
Kate Moses reflects on her life, discussing her childhood, parents, early love of baking, family's relocations for her father's job, education, boyfriends, editorial work, and other related topics. Includes recipes from the author.
- BIO ONEILL O'Neill, Molly. Mostly true : a memoir of family, food, and baseball. New York : Scribner, 2006.
- BIO PEPIN Pépin, Jacques. The apprentice : my life in the kitchen. Boston : Houghton Mifflin, 2003.
- BIO POWELL Powell, Julie. Cleaving : a story of marriage, meat, and obsession. 1st ed. New York : Little, Brown and Co., 2009.  
Her marriage challenged by an insane, irresistible love affair, Julie decides to leave town and immerse herself in a new obsession: butchery.
- BIO POWELL Powell, Julie. Julie and Julia : 365 days, 524 recipes, 1 tiny apartment kitchen : How one girl risked her marriage, her job, and her sanity to master the art of living. 1st ed. New York : Little, Brown and Co./Time Warner, 2005.
- BIO ROBERTS Roberts, Doris, 1925-. Are you hungry dear? : life, laughs, and lasagna. 1st ed. New York : St. Martin's Press, 2003.

- BIO VALASTRO Valastro, Buddy. Cake boss : stories and recipes from mia famiglia. 1st Free Press hardcover ed. New York : Free Press, 2010.  
Coming to America -- The prince of pastry -- Education of a cake boss -- Calling Saint Anthony -- Big shoes -- Making my mark -- Polishing the diamond -- Brides and grooms and sweet little things -- Ready for our close-up -- Recipes from mia famiglia. Baker and star of the reality television program "Cake Boss" Buddy Valastro reflects on his life and career and offers recipes for cookies, pies, cakes, cupcakes, frostings, and fillings.
- BIO WIZENBERG Wizenberg, Molly. A homemade life : stories and recipes from my kitchen table. 1st Simon & Schuster hardcover ed. New York : Simon & Schuster, 2009.  
Chronicles the life of Molly Wizenberg, a freelance food writer who realized her life's passion on a trip to Paris where she was distracted from working on her dissertation by the luscious French food culture; and describes her childhood, the death of her father, and more.
- CD-BOOK 613 POL Pollan, Michael. In defense of food : an eater's manifesto. New York : Penguin Audio, p2008.  
Read by Scott Brick. 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.
- CD-BOOK BIO GIL Gilbert, Elizabeth, 1969-. Eat, pray, love : [one woman's search for everything across Italy, India and Indonesia]. Unabridged ed. New York : Penguin Audio, p2006.  
Read by the author. Presents the memoir of a magazine writer's yearlong travels across the world in search of pleasure, guidance, experience and wholeness.
- CD-BOOK BIO PEP Pépin, Jacques. The apprentice : my life in the kitchen. Boston : Houghton Mifflin, 2003.  
Read By Michel Chevalier.
- DVD 338.19 FOO Food, Inc. Widescreen. [Los Angeles, CA] : Magnolia Home Entertainment, 2009.  
Interviews with Eric Schlosser, Michael Pollan, Gary Hirshberg, Joel Salatin. Lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Reveals surprising - and often shocking truths - about what we eat, how it's produced and who we have become as a nation.
- DVD SUP Super size me. Culver City, Calif. : Columbia TriStar Home Entertainment, c2004.  
Daryl Isaacs, Morgan Spurlock, Bridget Bennett, Lisa Ganjhu, Alexandra Jamieson, Stephen Siegel. Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.
- FIC CHILD Shapiro, Laura. Julia Child. New York : Lipper/Viking, c2007.  
Hungry -- Prof. Julia -- How to make things taste the way they should -- The performance of me -- Real male men -- I am getting very tired of kiwi fruit -- She likes to eat. One of the most beloved figures in 20th century American culture was Julia Child, television's bouyant "French Chef." With an irrepressible sense of humor and a passion for good food, Child ushered in the nation's culinary renaissance and became its chief icon. Millions watched as she spun threads of caramel, wielded live lobsters, flipped omelets and unmolded spectacular desserts. Her occasional disasters, and brilliant recoveries, were legendary. Yet every step of the way she was teaching

carefully crafted lessons about ingredients, culinary technique, and why good home cooking still matters. Her open-hearted approach to the kitchen was a lesson in how to live. Food writer Shapiro describes Child's unlikely career path, from California party girl to her marriage to Paul Child, to cool-headed chief clerk in a World War II spy station, to bumbling amateur cook, and finally to the classes at the Cordon Bleu in Paris that changed her life.--From publisher description.

- HRC J 513.2 PRI 4B      Primary mathematics : 4B. Third edition. Singapore : Curriculum Planning & Development Division, Ministry of Education ; [S.I.] : ; Federal Publications ;, 1997, 1999.
- J 338.109 CHE          Chevat, Richie. The omnivore's dilemma : the secrets behind what you eat. Young readers ed. New York : Dial Books, c2009.  
Examines the origins of the different food chains that have sustained humans throughout history, discussing how certain foods and cuisines have become a popular part of people's daily diets.
- J 394.12 SCH          Schlosser, Eric. Chew on this : everything you don't want to know about fast food. Boston, [Mass.] : Houghton Mifflin Co., c2006.  
A behind-the-scenes look at the fast food industry.
- LRG.PRT BIO GIL      Gilbert, Elizabeth, 1969-. Eat, pray, love : one woman's search for everything across Italy, India and Indonesia. Large print ed. New York : Thorndike Press, 2006.
- NEW BIO CHILD      Spitz, Bob. Dearie : the remarkable life of Julia Child. New York : Knopf, c2012.  
Paradise -- "On her way" -- Julia of the almost spring -- Only a butterfly -- Keeper of the secrets -- Paul -- A diamond in the rough -- Lucky to be alive -- Devouring Paris whole -- Lady sings the bleus -- What she'd gotten herself into -- A memorable feast -- Frenchy French -- This elephant of ours -- Julia's turn to bloom -- Taking everything in stride -- A monstrously busy life -- A law unto herself -- The mad women of La Peetch -- A household name -- We are not all eternal -- Looking forward -- Enough -- The end of an era -- No one gets out alive -- The beginning of the end -- The raft.