



National Nutrition Month at SPL

Eat

[Gut: The Inside Story of Our Body's Most Underrated Organ](#)

Giulia Enders

[If Our Bodies Could Talk: A Guide to Operating and Maintaining a Human Body](#)

James Hamblin | 613 Ham

[It Starts With Food](#)

Dallas & Melissa Hartwig

[Death by Food Pyramid](#)

Denise Minger

[What to Eat](#)

Marion Nestle

[In Defense of Food: An Eater's Manifesto](#)

Michael Pollan | 613.2 Pol

[Eat Complete](#)

Drew Ramsey

[Deep Nutrition: Why Your Genes Need Traditional Food](#)

Catherine Shanahan

[Make Your Own Rules Diet](#)

Tara Stiles

[Good Calories, Bad Calories](#)

Gary Taubes

[The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet](#)

Nina Teicholz

[Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating](#)

Walter Willett | 613.2 Wil

[The Zero Sugar Diet](#)

David Zincenko

Cook

[The Dinner Plan: Simple Weeknight Recipes and Strategies for Every Schedule](#)

Kathy Brennan

[Naturally Nourished](#)

Sarah Britton

[Dinner](#)

Melissa Clark

[Run Fast, Eat Slow: Nourishing Recipes for Athletes](#)

Shalane Flanagan

[Food to Live By](#)

Myra Goodman

[Six Seasons](#)

Joshua McFadden

[The Nourished Kitchen](#)

Jennifer McGruther



[Real Food: What to Eat and Why](#)
Nina Planck

[Wildly Affordable Organic](#)
Linda Watson

[Dining In: Highly Cookable Recipes](#)
Alison Roman

[The First Mess Cookbook](#)
Laura Wright

Nourish

[Food Matters: A Guide to Conscious Eating](#)
Mark Bittman

[Candy: A Century of Panic and Pleasure](#)
Samira Kawash

[The Blue Zones Solution: Eating and Living Like the World's Healthiest People](#)
Dan Buettner

[Salt, Sugar, Fat](#)
Michael Moss

[Bless This Food: Ancient & Contemporary Graces From Around the World](#)
Adrian Butash

[Extra Virginity: The Sublime and Scandalous World of Olive Oil](#)
Tom Mueller

[The Potlikker Papers: A Food History of the Modern South](#)
John Edge

[Voracious: A Hungry Reader Cooks Her Way Through Great Books](#)
Cara Nicoletti

[Food: A Love Story](#)
Jim Gaffigan | 818.602 Gaf

[The Omnivore's Dilemma](#)
Michael Pollan

[Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food](#)
Melissa Hartwig

[Leave Me Alone with the Recipes: The Life, Art, and Cookbook of Cipe Pineles](#)
ed. Sarah Rich

[The Cooking Gene](#)
Michael Twitty

[First Bite: How We Learn to Eat](#)
Bee Wilson | 641.013 Wil