

Today's

# Diet & Nutrition

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HEALTH / NUTRITION / FITNESS / LIFESTYLE / DIET & WEIGHT / CUISINE

## Holiday Turkey

Slow & Simple >>

Probiotics  
for Babies

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Autumn  
Salads

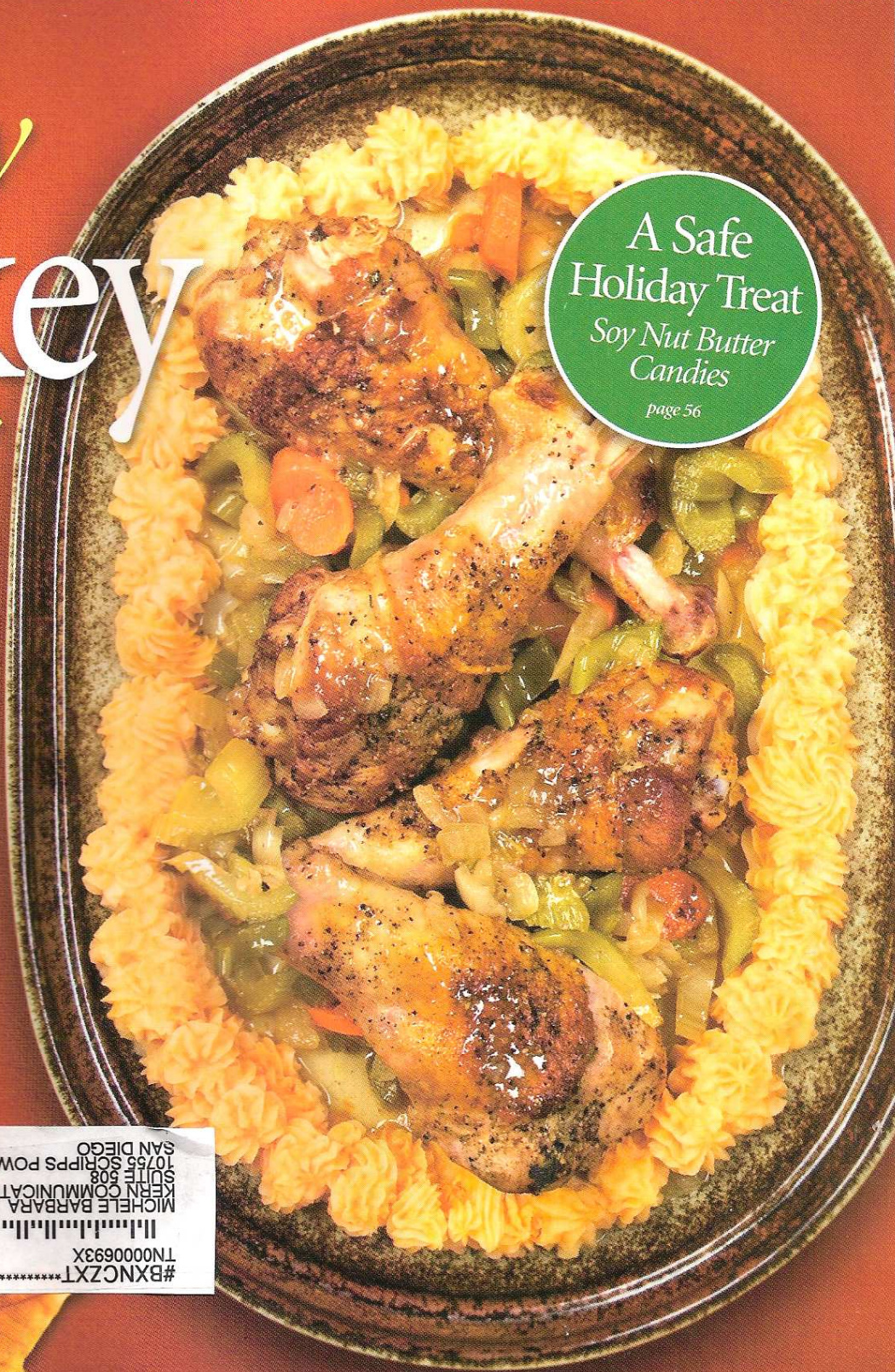
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Cut the  
Cholesterol

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A Safe  
Holiday Treat  
Soy Nut Butter  
Candies

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SCK 4  
\*\*\*\*\*AUTO\*\*MIXED ADG 60821  
MICHELE BARBARA  
KERN COMMUNICATIONS  
SUITE 608  
10755 SCRIPPS POWAY PARKWAY  
SAN DIEGO  
92131-3924





relish! Time. Food. Life.

## FOODIE FUN AT YOUR FINGERTIPS

Open a portal of food resources at [www.foodieview.com](http://www.foodieview.com). The relaunched site gives food enthusiasts access to a recipe search engine, social network features, cookbook reviews, metro restaurant guides, and more.

foodieview

## GET THE INSIDE SCOOP

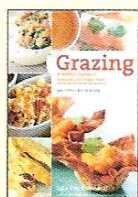
Search by location to find the best food in a given city with Local Eats, an iPhone application that derived from Web and print versions of *Where The Locals Eat*. Subscribers to Local Eats won't find the usual listing of chain restaurants but rather locally owned restaurants that run the gamut from mom-and-pop operations to James Beard Award-winning dining rooms. [www.wherethelocalseat.com](http://www.wherethelocalseat.com)

**Quick and Easy Dinners, Every Night** Relish! is a new online service that helps home chefs avoid the what-to-have-for-dinner dilemma. Every Thursday, an e-mail arrives with a quick link back to a site where you can choose dinners, including simple gourmet meals, that appeal to you. It's easy to see from the coding which meals are super quick, kid friendly, or work for a particular diet, even gluten free. In minutes, you can download a week's worth of dinner recipes and an easy-to-follow shopping list. Also available are recipes for lunch, desserts, parties, and "dinner and a movie"—a fun meal option that pairs recipes with popular flicks. Easier grocery navigation is one of the best perks. "We have received lots of positive feedback from Relish! users regarding the shopping lists because they categorize ingredients by grocery aisle, so you get home quicker," says cofounder Ann Bender. "The customized shopping lists also help reduce unnecessary spending at the store."

[www.relishrelish.com](http://www.relishrelish.com)

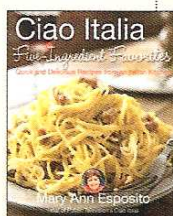
## On the Cook's Bookshelf

Julie Van Rosendaal helps you indulge your hunger without resorting to junk food or consuming empty calories. A bible of finger foods, *Grazing: A Healthier Approach to Snacks and Finger Foods* offers healthier-than-store-bought options for chips and other munchie staples, but more interestingly, it elevates snacking to another level with recipes for small-bite dishes such as Vietnamese Rice Paper Rolls and Balsamic Mushroom Crostini. [www.whitecap.ca](http://www.whitecap.ca)



Celebrity chef and PBS host Mary Ann Esposito demonstrates that delectable Italian dishes don't require a long list of

ingredients or take hours to make in *Ciao Italia Five-Ingredient Favorites: Quick and Delicious Recipes From an Italian Kitchen*. [www.stmartins.com](http://www.stmartins.com)



Mimi Wilson and Mary Beth Lagerborg follow up their resourceful book *Once-a-Month Cooking* with another book that puts convenience and economy front and center: *Once-a-Month Cooking Family Favorites*. They'll show you how



to shop for an entire month's meals, so you'll save buying in quantity. And they do the

planning for you, so you can prep a month's meals in a day. To meet special needs and prevent boredom, they offer two one-month cycles, two two-week cycles, and three cycles for special needs: gourmet, summer, and gluten free. [www.stmartins.com](http://www.stmartins.com)

Fans of the farm-to-table philosophy will want to tune in to a new PBS show, *Harvest Eating*, hosted by Chef Keith Snow. And those who can't get enough of the show can linger over the chef's first book, *The Harvest Eating Cookbook*. [www.harvesteating.com](http://www.harvesteating.com) [www.runningpress.com](http://www.runningpress.com)

