

## Healthy Eating

*The Library has a growing collection of books for improving staff well-being.  
The following books on healthy eating are available to borrow from the Library.*

**The Ramadan cookbook** by A. Karolia (2023)

**Autism friendly cookbook** by L Wilkins (2022)

**The hairy dieters simple healthy food** by S. King (2022)

**Feed your family: more from less** by L. Cooper (2022)

**Feel good food: over 100 healthy family recipes** by J. Wickes (2022)

**Cook as you are: recipes for real life, hungry cooks and messy kitchens**  
by R. Tandoh (2021)

**Pinch of nom: comfort food** by K. Allison (2021)

**Pinch of Nom quick and easy: 100 delicious, slimming recipes** by  
K.Allison (2021)

**Hairy bikers veggie feasts** by D Myers (2020)

**One pot vegan** by R. Pope (2020)

**The doctor's kitchen: eat to beat illness** by R. Aujla (2019)

**Pinch of nom** by K. Allison (2019)

**The green roasting tin** by R. Iyer (2019)

**The 4 pillar plan: how to relax, eat, move and sleep your way to a long-  
er, healthier life** by R. Chatterjee (2018)

**How to be well: the 6 keys to a happy and healthy life** by F. Lipman  
(2018)

**The Pioppi diet** by Aseem Malhotra (2017)

