



Quick Look At Cookbooks

Book	Analysis	<30% Fat	Common Ingred	<7 Ingred	Easy Instruct	Easy Open	Easy Find	Comments
366 Low-fat Brand-Name Recipes in Minutes	YES*	SOME	MOST*	MOST <8	O K	NO	YES	*Has grams, and % daily value mixed together, is hard to read *Few brands not available in Idaho Falls or are high priced or is not healthiest product choice –NO photos
American Heart Assoc Cookbook	YES	NO	variety of seasonings	>10	lots of steps	NO!	YES	Calls for “acceptable” margarine or oil is explained in front of book, Uses olive oil, nut not canola—NO photos
American Heart Assoc Quick & Easy	YES	MOST	MOST	<10	YES	YES	YES	Calls for “acceptable” margarine or oil, explained in front of book –some photos
American Heart Assoc Low-Fat Low Cholesterol	YES	YES	variety of spices	~10	YES	NO	YES	Most require several steps to prepare—NO photos, but clip art
Betty Crocker’s New Low-Fat Low-Cholesterol	YES	SOME	*	~12	YES*	O K	YES	Uses specialty items that may be expensive – Many recipes have several steps – Has easy codes for diets – Nice photos throughout book
Betty Crocker New Choices	YES	MOST	YES	~12	YES	YES	YES!	In nice binder w/tabs -- Has easy code for different diets – Photos throughout book
Betty Crocker’s New Cookbook	YES	SOME*	YES	>10	YES!	YES	YES	*Often includes lighter versions – Good basic cooking info! – Nice photos!
Butter Busters	YES	MOST	*	>12	YES	NO	YES	*Special items needed -- Lots of recipes for sweets – Only 7 red meat recipes – NO photos, clip art
C’mon America Let’s Eat	YES*	YES	*	<12	MOST	YES	YES	*No carb grams *Requires special seasoning & several non fat products – 23 desserts 3 w/red meat recipes – Few photos
Don’t Eat Your Heart Out	NO	NO	YES	>10	lots of	O K	YES	Need a lot of time to prepare foods –

					steps			Recipes start page 237 – NO photos
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Eat Smart For A Healthy Heart	YES	NO	*	>12	VERY	NO	NO*	*Uncommon ingredients often required – Organized in menus, hard to find, Quick reference list starts pg 40 – Few photos
Healthy Homestyle Cooking	YES*	YES	YES	<12	YES	NO	YES	*No carb listed – Methods to lower fat given throughout book – Some photos
In The Kitchen With Rosie	YES	YES	NO	>12	YES	NO	YES	Small & expensive book – some recipes take 3 pages – Very few photos
Jane Fonda Cooking for Healthy Living	YES	MOST	MOST*	>12	YES	NO	O K	*Some unusual spices – Requires several steps to prepare – 1 pork, 1 beef, several bison recipes – Menu suggestions – Nice photos throughout the book
Lean & Luscious	YES	NO	YES*	<10	YES	YES	YES	*Uses a lot of sugar substitute – NO photos, some clip art
Quick & Healthy	YES	YES	YES	<12	YES	YES	O K	Fat & carb info in back of book – Index is hard to find – NO photos
Quick & Healthy II	YES	MOST	YES	<12	YES	YES	YES	NO photos
Secrets of Fat-Free Cooking	YES*	YES	MOST*	~12	YES in steps	NO	YES	*No carbs *Uses fat free cheese (not great products) & some items only available at health food stores (costly) – NO photos, but cute line drawings
Simply Colorado	YES*	NO	YES	<10	YES	YES	YES	*No carbs listed – NO photos
Weight Watchers Quick Meals	YES	SOME	*	<10	Yes*	NO	NO	*Includes menu + market list + prep schedule -- *Some unusual items, lots of caraway seeds and alcohol – Some photos
Weight Watchers Cut The Fat	YES	YES	*	>10	YES	O K	YES	*A few unusual or expensive items – No photos – designed to match WW point system
Weight Watchers Dining With The Duchess	YES	FEW	NO*	<9	YES in steps*	O K	NO*	*Several items may be hard to find in I.F. also often calls for some kind of alcohol -- *Many seem labor intense -- *Organized in

								menus, gold writing hard to read – Few photos
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