

## **Ultimate Foods for Ultimate Health...and don't forget the chocolate**

By: Liz Pearson, RD and Mairlyn Smith

Published by: Whitecap Books 2007

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### **Pros**

*Ultimate Foods for Ultimate Health* is a very well researched book on healthy eating. In fact it is like getting two books in one – a nutrition update and great recipes. The nutrition insights will convince you that what you choose to eat can make a difference to your health. The recipes are delicious and show you how to incorporate a powerhouse of nutrients into everyday meals. The 'kid friendly' notation on family recipes is welcome. The layout features tips and highlights in an orange band at the bottom of the pages. The "question of the day" and "good advice" columns are particularly valuable, and like the rest of the book are written in down to earth and clear language.

### **Cons**

The authors recommend a couple of unique ingredients that may be difficult to find. One of them is non-alkalinized cocoa which is only available in the USA or in specialty health food stores. Also, more specific directions on label reading to find the recommended probiotic yoghurts would be helpful.

While the recipes we tried were tasty, the relatively small orange coloured font makes some of the measurements difficult to read. A different binding which allows the book to lie flat on the counter would be more user friendly.

### **Bottom line**

We learned a lot from reading this book and rate it head and shoulders above many other books we've read to date. Liz Pearson and Mairlyn Smith produced a trusted source of information that is practically a reference book for healthy eating. We strongly recommended this book as a resource for both nutrition professionals and the health-conscious public who are interested in the latest information on functional foods. In addition to the wealth of nutrition information food lovers will want to try some of the great new recipes.