
Long time husband and wife author team have written a number of books over the years on health and nutrition topics. In their most recent title, the authors address the confusion caused from the onslaught of publications on the curative properties of foods and “super foods.” The stated aim of Healthy Foods is to provide a neutral analysis of individual foods’ nutritional benefits and to create a single place to compare actual research findings.

Healthy Foods is organized into short sections about the fifty individual foods with the most nutritional claims. The foods chosen range from common fruits and vegetables like apples, carrots, and onions to more unusual items like chickpeas, brazil nuts, and sea vegetables. Within each food section, the authors provide summaries of the available nutritional research, organized by disease or health concerns, such as diabetes, cancer, and asthma. At the end of each food section, the authors provide a bibliography of their print and web resources. However, it seems that a majority of the authors’ sources come from the books and website of George Mateljan, another important figure in nutritional writing. One might wonder why they should purchase this book over one of Mr. Mateljan’s own books, such as The World’s Healthiest Foods, Essential Guide for the Healthiest Way of Eating (Mateljan, 2007).

This title is very well organized and provides a single source to check the most recent research on the nutritional value of foods. However, the finding summaries are a dry read, and it’s sometimes hard to come to any confident conclusion after reading the research without author analysis. Another disappointment is that you cannot look up a health condition in the index to research what foods might be helpful to your individual condition.

Other similar works over the past few years have provided both the research conclusions and guidance on how to utilize healthy foods for optimum health, with perhaps too much of a promise of super foods and ultimate cures such as, The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why (Bowden, 2007).

In general this is a solid title for high school and public library reference collections, particularly in combination with a nutritional guide that provides more interpretation and food use guidance. I would also suggest looking at The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating (Wood, 2010).—Jessica Weitz, Technical Services Assistant, Brooks Memorial Library, Brattleboro, Vermont.