

During the Culinary Panel at ISPA, Dr. Bazilian provided the following resources during her presentation and questions from the panel and attendees.

For more information on:

Slow Food Movement www.slowfoodusa.org

Golden Door www.goldendoor.com

Cookbooks with nutrition and kids (young and adult kids) in mind:

Molly Katzen, Salad People

Molly Katzen, Honest Pretzel

Missy Lapine, The Sneaky Chef

Jessica Seinfeld, Deceptively Delicious

In addition (not mentioned but also wonderful), Alice Waters, Fanny at Chez Pansse: A Child's Restaurant Adventures with 46 Recipes

For information about finding Registered Dietitians in your area and a great resource for nutrition and health information you can incorporate into your spa:

American Dietetic Association www.eatright.org

Other resources from which to draw ideas and nutrition content:

USDA's MyPyramid www.mypyramid.gov

Any government website: FDA, USDA, NIH - can utilize free of charge (with credit) information for newsletters, clients, etc.

Herbs and Spices in Nutrition (along with great tips and recipes)

www.spicesforhealth.com

Great additions to your spa subscription list:

Nutrition Action Health Letter www.cspinet.org

Eating Well magazine

Cooking Light Magazine

Tufts University Health and Nutrition Letter

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