



In this reading list you will find a variety of books and e-books about nutrition from the collections of the MUHC's Patient Resource Centres.

These books are available to borrow free of charge from each Patient Resource Centre.

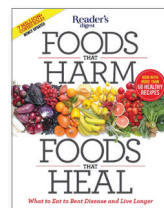
You will also find a list of online resources about nutrition and healthy eating.

### FOR MORE NUTRITION INFORMATION AND RESOURCES

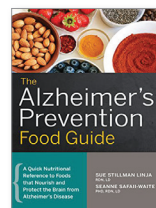
Contact the librarians of the MUHC Patient Resource Centres.

#### Montreal Neurological Institute-Hospital — Infoneuro: Neuro-Patient Resource Centre

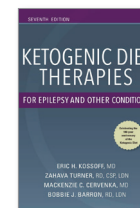
514-398-5358 • infoneuro@muhc.mcgill.ca  
www.mcgill.ca/infoneuro/online-resources/health-conditions/nutrition



**Foods That Harm, Foods That Heal** (2018)  
By Frances G Berkoff and Joe Schwarcz



**The Alzheimer's Prevention Food Guide** (2017)  
By Sue Stillman Linja and Safaii-Waitem Seanne



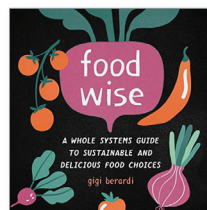
**Ketogenic Diet Therapies for Epilepsy and Other Conditions** (2021)  
By Eric Kossoff et al.

#### Glen Site & Montreal General Hospital — McConnell Patient Resource Centre

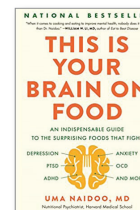
514-934-1934, ext. 22054 • crp-prc@muhc.mcgill.ca  
www.muhclibraries.ca/patients/health-topics/nutrition



**Complete Food & Nutrition Guide** (2017)  
By Roberta L. Duyff



**Food Wise: A Whole Systems Guide to Sustainable and Delicious Food Choices** (2020)\*  
By Gigi Berardi



**This Is Your Brain on Food** (2020)+  
By Uma Naidoo

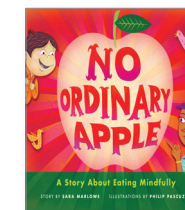
\* **Ebook:** [www.cusm.overdrive.com/media/4680673](http://www.cusm.overdrive.com/media/4680673)  
+ **Audiobook:** [www.cusm.overdrive.com/media/5404064](http://www.cusm.overdrive.com/media/5404064)

#### Montreal Children's Hospital — Family Resource Centre and Library

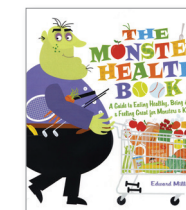
514-412-4400, ext. 22383 • bibliofam@muhc.mcgill.ca  
www.mchfamilylibrary.ca (Source: Nutrition)



**The Picky Eater Project** (2007)  
By Natalie Digate Muth and Sally Sampson



**No Ordinary Apple: A Story About Eating Mindfully** (2013)  
By Sara Marlowe and Phil Pascuzzo



**The Monster Health Book** (2006)  
By Edward Miller

#### Glen Site – Cancer Mission — Cedars CanSupport Resource Centre

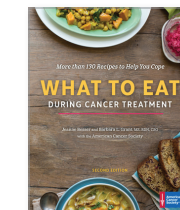
514-934-1934, ext. 31666 • cedarscansupport@muhc.mcgill.ca  
www.cansupport.ca/nutrition



**Quick & Healthy: 50 Simple Delicious Recipes for Every Day** (2019)  
By American Cancer Society



**Going Down Easy: Recipes to Help You Cope with the Challenge of Eating During Cancer Treatment** (2006)  
By Elise Mecklinger



**What to Eat During Cancer Treatment** (2018)  
By American Cancer Society et al.

Always check in with your health care team about the information you read to make sure it is reliable and applies to you!

#### ONLINE RESOURCES

- Gouvernement du Québec — **Healthy Eating Habits**  
[www.quebec.ca/en/health/nutrition/healthy-eating-habits](http://www.quebec.ca/en/health/nutrition/healthy-eating-habits)
- Government of Canada — **Canada's Food Guide**  
[www.food-guide.canada.ca/en](http://www.food-guide.canada.ca/en)
- Heart and Stroke Foundation of Canada — **Healthy Eating**  
[www.heartandstroke.ca/healthy-living/healthy-eating](http://www.heartandstroke.ca/healthy-living/healthy-eating)
- Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)