

The Nutritionist's Kitchen: Transform Your Diet and Discover the Healing Power of Whole Foods

Carly Knowles

Roost Books (Dec 15, 2020)

Softcover \$24.95 (272pp)

978-1-61180-777-6

While living in a remote village in Peru, Carly Knowles observed that many villagers had gone or were going blind due to a lack of vitamin A in their very limited diets. This led to a realization that changed her life: food is medicine. Her cookbook *The Nutritionist's Kitchen* is packed with helpful facts and advice to shows that food can be very tasty medicine indeed.

As a registered dietitian nutritionist, Knowles's approach is holistic. While its focus is on food, the book does not neglect to mention that mental and spiritual health support and sustain bodily health. It first explains the science supporting links between the human genome and nutritional health before outlining the pillars of food as medicine. It then breaks down the tenets of "food agency," whether that means buying organic, locally sourced food or eating rainbow meals with high nutrient density. The first section is thorough in establishing how to buy, what to buy, and how to set up one's kitchen and pantry for this style of eating.

The second section settles into delivering recipes, with glossy colorful photographs and explanations for batch cooking to support busy cooks. Some of the recipes are for expected fare, while others make use of unexpected ingredients or combinations, like Vegetable Miso Soup with Kombu Dashi and Tofu, and Chocolate and Chai Spiced Granola. The palate crosses from East to West, favoring simple, fresh flavors over any particular culture.

Knowles makes following her advice an easy prospect. Her book contains shopping lists, seasonal menus, and information about which foods boost particular vitamins and minerals for the body. Perfect whether you want to cook as medicine, sustenance, or to nurture, *The Nutritionist's Kitchen* contains sensible, direct advice and delicious, mouthwatering recipes.

CAMILLE-YVETTE WELSCH (January / February 2021)

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