The most comprehensive cookbook from America’s leading nutritional authority, showcasing healthy regional specialties from across the nation. The American Dietetic Association has long been a leader in promoting healthy eating. Now, the ADA shows Americans how to enjoy their favorite regional dishes—without the guilt. Drawing on recipes developed by ADA nutrition and culinary experts from coast to coast, the book showcases over 300 classic American starters, entrees, side dishes, and desserts. From Hearty Maine Fish Chowder, Montana Roasted Beef Tenderloin, and Cinnamon Raisin Apple Indian Pudding to Philly Cheese-steak Potato Packets, Smoky Holler Fried Chicken, and Gingered Mango-Pineapple Crisp, the recipes reflect authentic regional ingredients, flavor combinations, and cooking styles—but cut the excess fat, slash the empty calories, and boost the overall nutritional value and taste appeal. Organized by regions of America and drawing on the flavors of New England, Mid-Atlantic, Floribbean, Southern, Midwest, Tex-Mex, Southwestern, Rocky Mountain, Pacific Northwest, Californian, and Hawaiian cuisines, the book includes a nutritional analysis for each recipe, menu plans and serving suggestions, tips on ingredient substitutions, and guidance on which recipes are suitable for people with medical conditions such as diabetes. For anyone who wants to lose weight, get in shape, and stay healthy—but still enjoy dishes like Cornbread Crusted Crabcakes, Gooey Double Fudge Brownies, Southwest Black Bean Dip, Baked Halibut Bristol Bay, Blackberry Cobbler, and Texas Chili—this new cookbook is a must. The American Dietetic Association is the largest group of food and nutrition professionals in the world. Its books include American Dietetic Association Complete Food and Nutrition Guide (0-471-44144-9).

My Personal Review:
It's a great book. I liked how they divided the book into different sections for each region. This is more than just a recipe book. It has other useful information about choosing different types of meats, vegetables, etc. Great book. It would be a perfect gift for anyone on your Christmas list!