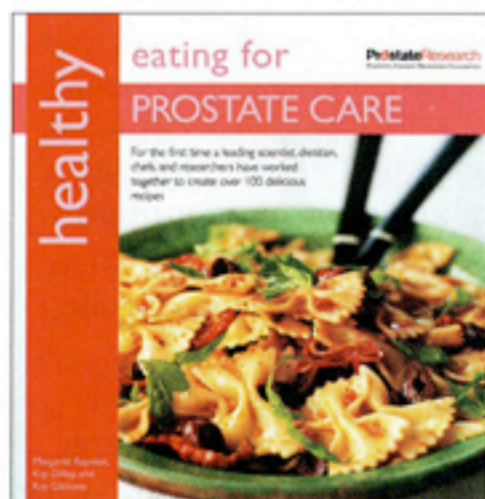


It doesn't have to be tough to be a vegetarian in college, but it usually is. Thanks to limited food choices, sparse kitchen space, generally rudimentary tools, and often a lack of cash, college meals can be uninspired and unhealthy.

Jill and Megan Carle, sisters and students, have teamed for their fourth book, *College Vegetarian Cooking: Feed Yourself and Your Friends*, which will help even the most cooking-challenged freshman sidestep the obstacles to eating well as a vegetarian. Sure, you could pour a jarred sauce on pasta and rip open a bag of salad, but wouldn't you rather have Spinach-Mushroom Crêpes or Fettuccine With Asparagus and Lemon? These foodie sisters, one vegetarian and one omnivore, should have called their book Kitchen Survival 101. You'd be guaranteed an A+.

[www.tenspeed.com](http://www.tenspeed.com)



Good news for the one in six men who has prostate cancer: There's research suggesting that diet can help prevent the development of the disease and can guard against progression in those who already have it. Nutrition experts Margaret Rayman, Kay Dilley, and Kay Gibbons, in *Healthy Eating for Prostate Care*, deliver all

the information needed to understand the role of diet, along with an exceedingly appealing and empowering cookbook containing more than 100 recipes that incorporate such disease-

fighting ingredients as tomato, soy, pomegranate, broccoli, and more. Visit our Web site at [www.todaysdietandnutrition.com](http://www.todaysdietandnutrition.com) for a recipe from this guide to eating for life.

[www.kylecathie.com](http://www.kylecathie.com)



Another entry to the growing list of helpful books for those on special needs diets is Jean Duane's *Bake Deliciously! Gluten & Dairy Free Cookbook*. She draws on her own early frustration after being diagnosed with gluten intolerance while she was attending cooking school. Her education, combined with her tenacity, made it possible for her to feed and satisfy her husband without

compromising her safety. Her years of trial and error will help people on a variety of diets—from those with celiac disease to irritable bowel syndrome—meet their health needs without feeling deprived.

[www.alternativecook.com](http://www.alternativecook.com)

Equally welcome to gluten avoiders is Elana Amsterdam's wonderful new book, *The Gluten-Free Almond Flour Cookbook: Breakfasts, Entrees, and More*. When Amsterdam and her son were diagnosed with celiac disease, she drew on her culinary education and interest in nutrition to devise more than 95 almond flour recipes that are low in sugar and contain no gluten but are rich in nutrition and taste. A project several years in the making, it's well worth the wait for people on gluten-free diets.

[www.randomhouse.com](http://www.randomhouse.com)



A boon to cancer patients who often lack an appetite and struggle with symptoms that rob them of the joy of eating, *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery* by Rebecca Katz with Mat Edelson can help prevent malnourishment and other consequences of treatment. Katz, senior chef-in-residence and nutritional educator at Commonwealth Cancer Help Program in Marin County, California, has created an extraordinary array of recipes that help patients overcome the issues that diminish