

Acclaim for
The Calories In, Calories Out Cookbook
By Catherine Jones and Elaine Trujillo, MS, RDN
Introduction by Malden Nesheim, PhD



“I like *The Calories In, Calories Out Cookbook* because it’s not a fad diet book and no food groups are eliminated. It encourages us to really look at what we’re eating—and in so doing to take the first step to making healthy lifestyle changes.”

—**GEORGE L. BLACKBURN, MD, PHD**, S. Daniel Abraham Professor of Nutrition, Harvard Medical School/Beth Israel Deaconess Medical Center

“*The Calories In, Calories Out Cookbook* provides a unique, innovative way to a healthier lifestyle. It helps people understand what calories are all about, how to determine daily calorie needs, and how to balance caloric intake with calorie expenditure through exercise. And it provides terrific recipes to satisfy even the heartiest appetite. All told, a first-rate guide!”

—**MALCOLM K. ROBINSON, MD**, Metabolic Support Service, Brigham and Women’s Hospital, Division of Nutrition, Harvard Medical School

“A real winner! *The Calories In, Calories Out Cookbook* is an excellent way to eat wonderful, real food and manage your weight. It does not contain long lists of ‘do’s’ and ‘don’ts’; instead, it helps guide you in making smart decisions to optimize your health. Its clear user-friendly guidelines and tips will help anyone interested in adopting a healthier lifestyle.”

—**KATHY MCMANUS, MS, RD, LD/N**, Director of the Department of Nutrition, Brigham and Women’s Hospital, Boston, Massachusetts

“Losing weight is all about calories and *The Calories In, Calories Out Cookbook* gives you all the information you need to keep it off FOREVER. Don’t miss this one!”

—**CAROLINE APOVIAN, MD**, author of *The Overnight Diet*, Director of the Center for Nutrition and Weight Management at Boston Medical Center, and Professor of Medicine at Boston University School of Medicine

“Do you want to understand what calories are, where they are found, how to burn them, and how to prepare delicious healthy recipes that will help you stay within your calorie needs? Then USE and ENJOY *The Calories In, Calories Out Cookbook*. This is a must-have in every household and for all adults and children seeking to live healthier lives!”

—**RAFAEL PEREZ-ESCAMILLA, PHD**, Professor, Yale School of Public Health

“Finally, an up-to-date and scientifically rigorous approach to sustainable weight management coupled with exceptional recipes! Forget the fads and instead enjoy a diverse and healthy diet while feeling more vibrant and reducing your risk of many chronic diseases impacting our population.”

—**STEVEN K. CLINTON, MD, PHD**, Professor, College of Medicine, The Ohio State University

Continued on reverse . . .

BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

More acclaim for *The Calories In, Calories Out Cookbook*

“For anyone who is trying to balance energy intake and output, *The Calories In, Calories Out Cookbook* really fills a gap. In addition to providing calculations of calories and nutrients per serving, it also gives readers a count of how much physical activity it will take to balance what’s taken in. It offers tasty pairings to make delicious meals plus lots of helpful cooking tips, and an appendix filled with useful nutritional facts and figures. All in all, this is an outstanding book—one that many of us who are dietitians and nutritionists can recommend to our patients and clients without reservation.”

—**JOHANNA DWYER, DSc., RD**, Professor of Medicine, Tufts Medical School, and Director of Frances Stern Nutritional Center at New England Medical Center

“*The Calories In, Calories Out Cookbook* is my new go-to guide for clients, colleagues, and friends. Long overdue, it embraces what dietitians and researchers have been touting for decades: for optimal health, eat smarter and move further. This wonderful resource has it all—solid evidence, healthy tips, caloric and physical activity recommendations, shopping lists, and of course, fabulous recipes. Readers are sure to enjoy, eat well, and prosper!”

—**COLLEEN SPEES, PhD, MEd, RD, LD**, Assistant Professor, The Ohio State University Medical Center

“*The Calories In, Calories Out Cookbook* is the go-to book for healthy living. Catherine Jones and Elaine Trujillo not only deliver tasty and easy recipes but also provide readers with expert knowledge and guidance on what calories are and how the body uses them. They weave a delicate balance of calories in and calories out without depending on dieting. I can’t wait to share this book with my friends, colleagues, and clients.”

—**JULIE SCHWARTZ, MS, RDN, CSSD, LD**, Certified Wellness Coach, Chair of the Weight Management Dietetic Practice Group, Academy of Nutrition and Dietetics

“This book presents an incredibly practical tool that will help everyone understand what really matters when it comes to attaining and maintaining a healthy body weight. Thinking in calories can be a challenge, but everyone can understand what 30 minutes of jogging entails!”

—**SUZANNE DIXON, MPH, MS, RD**, Health & Nutrition Consultant, The Health Geek, LLC, www.NoNutritionFear.com

“This intelligent book explains the elusive calorie—both friend and foe of women around the globe. It teaches us how to keep our bodies energized with healthy—and not empty—calories. The recipes are delicious crowd-pleasers, and the many tips peppered throughout are a boon for busy moms. Finally, an intelligent and indispensable guide for healthy living and not fad dieting.”

—**CAROLINA BUIA**, coauthor of *Latin Chic*, and mother of two sets of twins