

Cooking Resources when working with Diverse Populations

Black/ African American Population

- Healthier Southern Cooking by Eric & Shanna Jones
- Soul Food Love by Alice Randall & Caroline Randall Williams
- The New Soul Food Cookbook for People with Diabetes by Fabiola Gaines & Roniece Weaver (great for people w/o diabetes too)
- Cooking from the Spirit: Easy, Delicious, & Joyful Plant-based Inspirations by Tabitha Brown

Middle Eastern and Northern Africa Population

- Chef in Disguise (<https://chefindisguise.com/>). She shares authentic Middle Eastern Recipes.
- Inspriedbysherin (<https://www.instagram.com/inspiredbysherin/>) she doesn't have a website but that's her instagram page. (<https://www.instagram.com/inspiredbysherin/>)

Other websites/books:

- My Moroccan Food: <https://www.mymoroccanfood.com/all-recipes>
The Mediterranean dish (recipes from the Mediterranean and include many Egypt, North Africa, and Levant recipes) <https://www.themediterraneandish.com/>
She also has a health Mediterranean cookbook on Amazon (<https://amzn.to/4d0p9Em>)
- Feel Good Foodie (<https://feelgoodfoodie.net/recipe/>). The author of this book/her family is from Lebanon and she has a lot of healthy fresh recipes from the MENA area. She also has a cookbook.
- Nadia's Healthy Kitchen (<https://nadiashealthykitchen.com/>) the blogger is originally from Iraq. She has recipes based on health needs (gluten-free, sugar-free, dairy-free, nut-free, vegan, and vegetarian), and many inspired by Middle Eastern flavors.
- Authentic cookbooks, lots of veggies and lean ingredients usually used. Recipes infused with family stories, history, and culture
 - Joudi Kalla, has 2 cookbooks, Baladi and Palestine on a Plate: <https://www.palestineonaplate.com/>
 - Reem Assil's (<https://amzn.to/4aYTtxr>) Arabiyya: Recipes from the Life of an Arab in Diaspora
 - Yasmin Khan (<https://amzn.to/3xFjXG5>) The Saffron Tales (Persian recipes)

Hispanic, LatinX Population

- Books by Lorena Drago and other authors: <https://lorenadrigo.com/books/>
 - Cultural Food Practices
 - Beyond Rice and Beans: The Caribbean Latino Guide To Eating Healthy With Diabetes
- Link to educational material for sale, including Nutriportion™ Food Cards: Mexico and Hispanic Digital Flip Book: <https://lorenadrigo.com/diabetes-nutrition-counseling/>
- Link to Hispanic-inspired recipes: <https://saboreaunohoy.com/recetas-con-aguacate/>