

The magazine of the National Multiple Sclerosis Society

Momentum

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THE Americans with Disabilities Act

A level playing field
for people with chronic
disease or disability

PAGE 20

MS

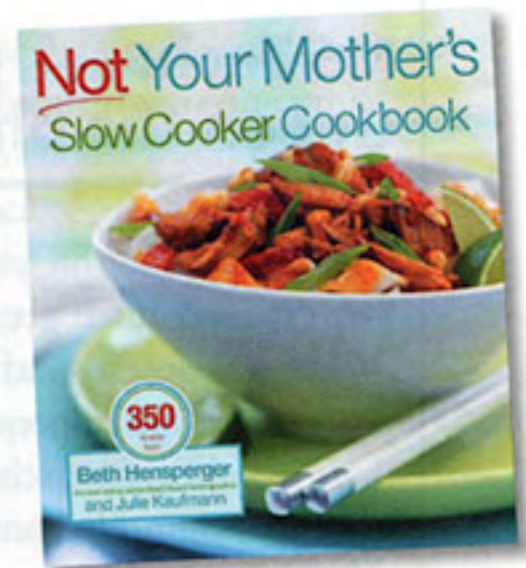
National
Multiple Sclerosis
Society

Is there an MS diet?

PAGE 36

MS gene pioneer
Dr. Stephen Hauser

PAGE 67



Books for easier cooking

by Greta Herron

Preparing nutritious meals is important for good health, but cooking can seem a Herculean task when MS symptoms flare. Before you reach for the take-out menus, consider some cookbooks by authors who have found simpler ways to cook.

- **Cooking Light's 5 Ingredient 15 Minute Cookbook** is a survival guide for a busy cook; includes a grocery list (amazon.com).

- Rozanne Gold's **Healthy 1-2-3: The Ultimate Three-Ingredient Cookbook, Fat-Free, Low Fat, Low Calorie** focuses on a sensible and nutritious approach to meals, with just a few ingredients (bn.com).

- Rachael Ray has a number of books out, including **Express Lane Meals: What To Keep On Hand, What To Buy Fresh For The Easiest-Ever 30-Minute Meals** (amazon.com). According to customer reviews on Amazon, Rachael Ray's recipes are fast, but they are more comfort food than nutritious meals.

For set-it and leave-it cooking, a slow cooker may be the way to go.

These books focus on quick and easy recipes—without compromising taste or healthy eating.



- Sandra Lee's "semi-homemade" philosophy has driven her to write **Semi-Homemade Slow Cooker Recipes** and its sequel **Semi-Homemade Slow**

Cooker Recipes 2, blending big-flavor ingredients and multispice packets into one-pot meals (semihomemade.com/books).

- Beth Hensperger and Julie Kaufmann's **Not Your Mother's Slow Cooker Cookbook** includes tips on choosing a slow cooker along with hundreds of recipes (amazon.com). Using a smaller cooker, or just tired of having too much food? Hensperger also offers **Not Your Mother's Slow Cooker Recipes for Two: For the Small Slow Cooker** (amazon.com).

- **Cooking Light** magazine has two slow cooker books: **Slow**

Cooker by Terri Laschober and **Healthy Slow Cooker** by Judith Finlayson (amazon.com).

And finally, from one who knows MS personally:

- Nutritionist Elizabeth Yarnell, who was diagnosed in 1999, patented her method of cooking in multiple layers. Try her book **Glorious One-Pot Meals: A New Quick & Healthy Approach to Dutch Oven Cooking** (gloriouspotmeal.com). Her Web site offers product information, blogs, videos and a subscription to her newsletter.

Greta Herron is on the staff of **Momentum**.