

Nutrition Resource List

Food and Nutrition Information

365 Days of Healthy Eating by Roberta Larson Duffy, MS, RD, FADA, CFCS.

American Dietetic Association Cooking Healthy Across America by American Dietetic Association Food and Culinary Professionals Dietetic Practice Group.

American Dietetic Association Complete Food and Nutrition Guide, 2nd Edition by Roberta Larson Duffy, MS, RD, FADA, CFCS.

Dieting for Dummies by Jane Kirby, RD.

Weight Watchers She Loses, He Loses: The Truth about Men, Women, and Weight Loss by Karen Miller-Kovach, MS, RD. Wiley, 2007.

The Good Housekeeping Supermarket Diet: Your Shopping List for Delicious and Healthy Weight Loss by Janis Jibrin, MS, RD. Hearst Books, 2006.

The Traveler's Diet: Eating Right and Staying Fit on the Road by Peter Greenberg. Villard Books, 2006.

10 Habits That Mess Up a Woman's Diet: Simple Strategies to Eat Right, Lose Weight, and Reclaim Your Health by Elizabeth Somer, MA, RD. McGraw-Hill, 2006.

So What Can I Eat?!: How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own by Elisa Zied, MS, RD with Ruth Winter, MS. Wiley, 2006.

The Healthy Beef Cookbook by the American Dietetic Association and National Cattleman's Beef Association.

Mindless Eating: Why We Eat More Than We Think by Brian Wansink, PhD. Bantam Books, 2006.

Healthy Eating Every Day by Ruth Ann Carpenter, MS, RD and Carrie E. Finley, MS. Human Kinetics, 2005.

Nutrition for Life by Lisa Hark, PhD, RD and Darwin Deen, MD.

Shed Pounds Without Even Trying! Diet Simple by Katherine Tallmadge, MA, RD.

The Step Diet Book by James Hill, PhD; John Peters, PhD; Bonnie Jortberg, MS, RD.

The Volumetrics Eating Plan by Barbara Rolls, PhD.

The Portion Teller: Smartsize Your Way to Permanent Weight Loss by Lisa R. Young, PhD, RD. Morgan Road Books, 2005.

The Way to Eat by David Katz, MD, MPH and Maura Gonzalez, MS, RD.

Eating on the Run by Evelyn Tribole, MS, RD.

Sports Nutrition

Sports Nutrition: A Practice Manual for Professionals, 4th Edition by American Dietetic Association, 2006.

Endurance Sports Nutrition, 2nd Edition by Suzanne Girard Eberle, MS, RD. Human Kinetics, 2007.

Fuel for Young Athletes: Essential Foods and Fluids for Future Champions by Ann Litt, MS, RD. Human Kinetics, 2004.

Performance Nutrition for Team Sports by Monique Ryan, MS, RD. Peak Sports Press, 2005.

Newsletters and Web Sites

Newsletters

Consumer Reports on Health

800-234-2188

www.consumerreports.org/

FDA Consumer

888-463-6332

www.fda.gov/fdac

Mayo Clinic Health Letter

800-291-1128

www.mayoclinic.org/

Tufts University Health & Nutrition Letter

800-274-7581

<http://www.healthletter.tufts.edu>

Websites

Navy & Marine Corps Public Health Center

http://www.nmcphc.med.navy.mil/Healthy_Living/

Human Performance Resource Center

<http://humanperformanceresourcecenter.org/>

Dietary Guidelines for Americans

www.healthierus.gov/dietaryguidelines

www.choosemyplate.gov

Government Gateway Web Sites:

<http://www.nih.gov/>
<http://www.healthfinder.gov/>
<http://www.foodsafety.gov/>
<http://www.medlineplus.gov/>

American College of Sports Medicine (ACSM)
<http://www.acsm.org/>

American Dietetic Association
www.eatright.org

American Diabetes Association
www.diabetes.org/

American Heart Association
www.americanheart.org/

American Institute for Cancer Research
www.aicr.org/

American Public Health Association
<http://www.apha.org/>

Food Marketing Institute
<http://www.fmi.org>

Food Safety and Inspection Service
<http://www.fsis.usda.gov>

USDA Human Nutrition Research Center on Aging
<http://www.hnrc.tufts.edu/>

National Academy of Sciences/Institute of Medicine
<http://www.nas.edu/>

National Association of Anorexia Nervosa and Associated Disorders
<http://www.anad.org/>

National Center for Health Statistics
<http://www.cdc.gov/nchswww/default.htm>

National Diabetes Education Program
<http://www.ndep.nih.gov/>

National Heart, Lung and Blood Institute Information Center
<http://www.nhlbi.nih.gov/>

National Library of Medicine
<http://www.nlm.nih.gov>

National Strength and Conditioning Association
<http://www.nasca-lift.org>

Overeater's Anonymous
<http://www overeatersanonymous.org>

Produce for Better Health Foundation
<http://www.fruitsandveggiesmorematters.org/>

Sports, Cardiovascular and Wellness Nutritionists (SCAN)
<http://nutrifit.org>

The Obesity Society
<http://www.obesity.org/>

The Weight Control Information Network
<http://www2.niddk.nih.gov/>

U.S. Department of Agriculture
<http://www.usda.gov/wps/portal/usda/usdahome>

Dietary Supplement Resource List

Human Performance Resource Center
<http://humanperformanceresourcecenter.org/>

Computer Access to Research on Dietary Supplements (CARDS)
http://dietary-supplements.info.nih.gov/Research/CARDS_Database.aspx

Food and Nutrition Information Center, USDA: Dietary Supplements - General Resources for Consumers <http://www.nal.usda.gov/fnic/>

Food and Nutrition Information Center: Dietary Supplements – General Resource for Providers
http://www.nal.usda.gov/fnic/resource_lists.shtml#9

National Institutes of Health: Office of Dietary Supplements
<http://dietary-supplements.info.nih.gov/>

National Library of Medicine and the NIH, Medline Plus, "Drugs, Supplements and Herbal Information": <http://www.nlm.nih.gov/medlineplus/druginformation.html>