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.


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.


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

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

Sports Nutrition


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:
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

National Strength and Conditioning Association
http://www.nsca-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)

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”: