

Asnuntuck Community College
LEARNING RESOURCE CENTER

National Nutrition Month

March 2006

CIRCULATING BOOKS

Advanced Nutrition and Human Metabolism / Sara M. Hunt, James L. Groff
QP141 .H828 1990

Campus Health Guide : the college student's handbook for healthy living / Carol L. Otis,
Roger Goldingay
RA564.5 .O85 1989

Contemporary Nutrition / Gordon M. Wardlaw, Anne M. Smith
QP141 .W378 2006 (on Reserve)

*Do Carrots Make You See Better? : a guide to food and nutrition in early childhood
programs* / Julie Appleton, Nadine McCrea, Carla Patterson
TX361 .C5 A67 2001

Dr. Jean Mayer's Diet and Nutrition Guide / Jean Mayer, Jeanne Goldberg
RM216 .M445 1990

Eat, Drink, and be Healthy : the Harvard Medical School guide to healthy eating /
Walter C. Willett
RA784 .W635 2001

Eat for Health : a do-it-yourself nutrition guide for solving common medical problems /
William D. Manahan
RA784 .M295 1988

*8-Week Cholesterol Cure : how to lower your blood cholesterol by up to 40 percent
without drugs or deprivation* / Robert E. Kowalski
RM237.75 .K68 1989

Hamilton/Whitney's Nutrition : concepts and controversies / Francis Sizer Webb
QP141 .H34 1994

Healing Foods : nutrition for the mind, body and spirit / Michael van Straten
RA784 .V35 1997

Health, Safety, and Nutrition for the Young Child / Lynn R. Marotz
RJ101 .M347 2005

Living Well Naturally / Anthony J. Sattilaro
RA784 .S36 1985

Nutrition & Health / Judith S. Hurley
RA784 .H87 1992

Nutrition & the Brain / Edward Edelson
QP376 .E33 1988

Revolution at the Table : the transformation of the American diet / Harvey Levenstein
GT2853 .U5 L48 1988

Starting Out Well : a parents' approach to physical activity & nutrition / Helen T. Fish,
Ronald B. Fish, Lawrence A. Golding
RJ206 .F49 1989

Stopping the Clock : why many of us will live past 100—and Enjoy Every Minute! /
Ronald Klatz, Robert Goldman
RA778 .S926 1999

Understanding and Managing Cholesterol : a guide for wellness professionals / Kevin P.
Byrne
RC632 .H83 B97 1991 :

Woman's Guide to Vitamins, Minerals, and Alternative Healing / Sherry Wilson
Sultenfuss, Thomas J. Sultenfuss
RA778 .S926 1999

REFERENCE

Allergies A-Z
REF RC585 .N38 1994

Alternative Medicine : the definitive guide
REF R733 .A46 1993

Encyclopedia of Vitamins, Minerals, and Supplements
REF QP771 .E53 1996

Magill's Medical Guide
REF RC41 .M34 2005 (4 volumes)

The New A-Z of Women's Health
REF RA778 .A494 1995

Nutrition and Health Encyclopedia
REF QP141 .T88 1989

Surgeon General's Report on Nutrition and Health
REF RA645.N87 U55 1988

PERIODICALS

Alternative Medicine
Consumer
Dr. Andrew Weil's Self Healing
FDA
Harvard Women's Health Watch
Health
Organic Gardening
Prevention
Self
Tufts Univ Health & Nutrition Letter
University of California/Berkeley Wellness Letter
Vegetarian Times

AUDIOVISUAL MATERIALS

<i>Nutrition Quackery and Food Faddism</i> (2 videocassettes, 143 min.)	VTV 039
<i>Osteoarthritis</i> (1 videocassette, 30 min.)	VTV 872
<i>People With Diabetes Can Enjoy Healthier Lives!</i> (1 videocassette, 15 min.)	VTV 615
<i>The Sugar Film</i> (1 videocassette, 28 min.)	VTV 011
<i>Supermarket Persuasion</i> (1 videocassette, 23 min.)	VTV 462
<i>That's No Tomato, That's a Work of Art</i> (1 videocassette, 30 min.)	VTV 221
<i>Tiger's Apprentice</i> (1 videocassette, 57 min.)	VTV 996
<i>Water ; The Faces of Hunger</i> (1 videocassette, 24 min.)	VTV 470
<i>Super Size Me</i> (1 videodisc, 100 min.)	DVD 044

ELECTRONIC BOOKS (eBooks) – online at the LRC website)

Demography of Health and Health Care
Food : a dictionary of literal and nonliteral terms
Food Ethics
The Food safety Information Handbook
Nutrition Almanac
Researching Cultural Differences in Health

INTERNET SOURCES

See also *Nutrition, Biology, and Genetics* under the [Subject Guide to the Internet](#)

American Dietetic Association

<http://www.eatright.org>

American Society for Nutritional Sciences

<http://www.nutrition.org/>

Center for Disease Control, *Healthy Eating Tips*

<http://www.cdc.gov/nccdphp/dnpa/tips/index.htm>

Center for Disease Control, *Nutrition Topics*

<http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

Center for Food Safety & Applied Nutrition (U.S. Food & Drug Administration)

<http://www.cfsan.fda.gov/list.html>

Consumer Nutrition and Health Information

<http://www.cfsan.fda.gov/%7Edms/lab-cons.html>

The Food and Drug Law Institute

<http://www.fdli.org>

Food & Nutrition Information Center

<http://www.nal.usda.gov/fnic>

[Healthfinder.gov](#)

Eating Disorders --

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=267&refine=1>

Nutrition --

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=591&refine=1>

Obesity --

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=592&refine=1>

[Healthierus.gov](#)

Dietary Guidelines --

<http://www.healthierus.gov/dietaryguidelines/>

Nutrition --

<http://www.healthierus.gov/nutrition.html>

[Medline Plus](#)

Eating Disorders --

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

Nutrition --

<http://www.nlm.nih.gov/medlineplus/nutrition.html>

Nutrition for Seniors --

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

Obesity --

<http://www.nlm.nih.gov/medlineplus/obesity.html>

Vegetarianism --

<http://www.nlm.nih.gov/medlineplus/vegetarianism.html>

Weight Loss and Dieting --

<http://www.nlm.nih.gov/medlineplus/weightlossanddieting.html>

[Nutrition.gov](#)

<http://www.nutrition.gov>

Nutrition and Food Safety – *Librarian's Index to the Internet*

<http://lii.org/search/file/nutrition>

Administration on Aging – *Elders and Families* – *Nutrition*

<http://www.aoa.gov/eldfam/Nutrition/Nutrition.asp>

Seniors and Nutrition (National Institute on Aging)

<http://www.niapublications.org/engagepages/nutrition.asp>

U.S. Food and Drug Administration

<http://www.fda.gov>