



Nutrition

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This pathfinder will be useful in finding information about human nutrition, the study of how food maintains life and health. It will be useful for general readers and for students in middle school and above.

For an introduction to the topic, see:

- World Book article on “Nutrition.”

Key Resources at a Glance:

- American Dietetic Association:
www.eatright.org/adaindo.html Web site from the chief association for nutrition professionals with a large number of consumer-friendly pages on nutrition.
- *American Dietetic Association Complete Food and Nutrition Guide* (2002, 2nd ed.) Comprehensive, consumer-orientated encyclopedia of nutrition.
- *Nutrition for Dummies* by Carol Ann Rinzler (2003, 3rd ed.) Easy to read introduction to nutritional principles.
- Medlin Plus Nutrition
www.nlm.nih.gov/medlineplus/nutrition.html Portal to links on nutrition topics from the National Library of Medicine.

Reference Background

- *Dictionary of Nutrition and Dietetics* by Karen Eich Drummond (1996)
- *Encyclopedia of Food Sciences and Nutrition* (2003, 2nd ed.)
- *The Encyclopedia of Human Nutrition* by James Strain and others (1999)
- *The Nutrition Desk Reference* by Robert H. Garrison, Jr. and Elizabeth Somer (1995, 3rd ed.)
- *Bowes and Church's Food Values of Portions Commonly Used* by Jean Pennington and others (2004, 18th ed.)
- Nutrition.gov www.nutrition.gov
- The Nutrition Source: Knowledge for Healthy Eating (Harvard University)
www.hsph.harvard.edu/nutritionsource/

Search Aids

Search Terms

(Use for computer searches)

- Nutrition
- Malnutrition
- Metabolism
- Diet
- Eating disorder
- Obesity

Subject Headings

(Use in card catalogs and print indexes)

- Nutrition
- Malnutrition
- Vitamin
- Metabolism
- Obesity
- RDA or recommended dietary allowance
- Fat
- Fiber
- Allergy
- Diet
- Eating disorder
- Specific nutrients (calcium, iron, cholesterol, etc.)

Call Number

- 613.2 (Dewey Decimal)
- QP (Library of Congress)

Indexes and Abstracts

- EBSCOhost
- First Search
- Reader's Guide to Periodical Literature

Library catalogs

- Your local library catalog
- SILO - State-wide catalog
- WorldCat - World-wide Catalog

Resources

Books

- *Food Fight: A Guide to Eating Disorders for Preteens and Their Parents* by Janet Bode (1999)
- *American Academy of Pediatrics Guide to Your Child's Nutrition* by William H. Dietz and Loraine Stern (1999)
- *Monthly Nutrition Companion: 31 Ways to a Healthier Lifestyle* by Paul Insell and others (2003)
- *The Essential Guide to Nutrition and the Food We Eat* by Jean Pennington (1999)
- *Nutritional Concepts and Controversies* by Frances Sizer and Eleanor Whitney (2000, 8th ed.)
- *The Diabetes Food and Nutrition Bible: A Complete Guide to Planning, Shopping, Cooking and Eating* by Hope Warshaw and Robyn Webb (2001)
- *Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating* by Walter C Willett and P.J. Skerrett (2002)
- *Being Vegetarian for Dummies* by Suzanne Havala (2001)

Journals

- *Diabetes Forecast*
- *FDA Consumer*
- *Fitness*
- *Health*
- *Journal of the American Dietetic Association*
- *Nutrition Action Health Letter*
- *Prevention*
- *Tufts University Health and Nutrition Letter*

Web Pages and Web Portals

- Alternative Health News Online
altmedicine.com
- American Obesity Association
www.obesity.org

** You can evaluate other resources using criteria at: www.THEpathfinderproject.org/evaluate.html **

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