

Nutrition

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This pathfinder will be useful in finding information about human nutrition, which is 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 Encyclopedia](#), "Nutrition," (JR 031 WOR, vol. 14, p. 624-632)

Key Resources at a Glance:

- Academy of Nutrition and Dietetics:
<http://www.eatright.org/>
Web site from the largest organization of nutrition professionals with a large number of consumer-friendly pages on nutrition.
- [The Everything Guide to Nutrition by Nicole Cormier](#), 2011 (613.2 COR)
Easy to read introduction to nutritional principles, including special nutritional concerns and suggested recipes.
- *MedlinePlus*, "Nutrition"
<http://www.nlm.nih.gov/medlineplus/nutrition.html>
Portal to links on nutritional topics from the U.S. National Library of Medicine and the National Institutes of Health.

Reference Background

- Nutrition.gov, <http://www.nutrition.gov>
- The Nutrition Source: Knowledge for Healthy Eating (Harvard University)
<http://www.hsph.harvard.edu/nutritionsource/>

Resources

Books

- [An Apple a Day: The Myths, Misconceptions, and Truths About the Foods We Eat](#) by Joseph A. Schwarcz, 2009 (363.8 SCH)

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)

Indexes and Abstracts

- EBSCOHost
<http://search.ebscohost.com>
- First Search
<http://firstsearch.oclc.org>

Library catalogs

- Urbandale Public Library
<http://www.urbandalelibrary.org>
- SILO – State-wide catalog
<http://z3950.silo.lib.ia.us/cgi-bin/zform.CGI?SILO>
- WorldCat - World-wide catalog
<http://worldcat.org>

- [Simple Food for Busy Families: The Whole Life Nutrition Approach by Jeannette Bessinger](#), 2009 (541.563 BES)
- [Nancy Clark's Sports Nutrition Guidebook by Nancy Clark](#), 2008 (613.2 CLA)
- [Nutrition Almanac by John D. Kirschmann](#), 2007 6th ed (613.2 NUT)
- [Diet and Nutrition Sourcebook by Joyce Brennfleck Shannon](#), 2006 3rd ed (613.2 DIE)
- [Real Food : What to Eat and Why by Nina Planck](#), 2006 (613.2 PLA)
- [What to Eat by Marion Nestle](#), 2006 (613.2 NES)
- [The Complete Idiot's Guide to Total Nutrition by Joy Bauer](#), 2005 (613.2 BAU)
- [Nutrition for Life by Lisa Hark](#), 2005 (613.2 HAR)
- [The Pocket Idiot's Guide to the New Food Pyramids by Elizabeth Ward](#), 2005 (613.2 WAR)
- [What Should I Eat?: Complete Guide to the New Food Pyramid by Tershia D'Elgin](#), 2005 (613.2 D'EL)
- [Eating on the Run by Evelyn Tribole](#), 2004 (613.2 TRI)
- [The Everything Nutrition Book by Kimberly A. Tessmer](#), 2003 (613.2 TES)
- [The Get With The Program! Guide to Good Eating by Bob Greene](#), 2003 (613.2 GRE)
- [Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett and P.J. Skerrett](#), 2001 (613.2 WIL)
- [Healthy Foods by Leanne Ely](#), 2001 (613.2 ELY)
- [Miracle Foods: 25 Super-Nutritious Foods for a Healthy Lifestyle by Anna Selby](#), 2001 (613.2 SEL)

Journals

- [Fitness](#)
- [Health](#)
- [Men's Health](#)
- [Natural Health](#)
- [Prevention](#)
- [Women's Health](#)

Web Pages and Web Portals

- Science Daily, "Alternative Medicine News"
http://www.sciencedaily.com/news/health_medicine/alternative_medicine/
- The Obesity Society
<http://www.obesity.org>

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