



FOOD & NUTRITION RESOURCES

	TITLE	AUTHOR	DESCRIPTION
WEBSITES	www.eatright.org	American Dietetic Association	Variety of nutrition based research studies, recipes, & weight management information. Resource for finding registered dietitians by city, state and zip code.
	www.americanheart.org	American Heart Association	Research studies, nutrition facts, recipes, & weight management information focused on heart health.
	Power Healing	Center for Science in the Public Interest	Nutrition, health, food safety, alcohol policy, and sound science. <i>Nutrition Action Healthletter</i> provides reliable & up-to-date information with no industry funding.
	www.diabetes.org	American Diabetes Association	Diabetic research studies, nutrition information, recipes, & weight management information.
	www.drweil.com	Andrew Weil, MD	Mind-Body-Spirit, natural healing, simple nutrition principles, recipes, herbal supplements.
	www.hsph.harvard.edu/nutritionsource	Harvard School of Public Health	General information focus with research to back up recommendations.
	www.ific.org	International Food Information Council	Science-based information on nutrition and food safety. Includes bi-monthly newsletter on hot topics and nutrition fact sheets that can be downloaded.
	www.mayoclinic.com	Mayo Clinic	"Tools for Healthier Lives". Information on a variety of health related issues including nutrition.
	www.healthletter.tufts.edu	Tufts University	Variety of nutrition based research studies, information, recipes, & weight management information.
	www.mypyramid.gov	USDA	Interactive Food Guide Pyramid, <i>Dietary Guidelines for Americans</i> ; includes weight management tools and calorie guidelines for individuals.
	www.nutrition.gov	USDA	Reliable information on nutrition, healthy eating, physical activity, and food safety from across the federal government.
BOOKS	<i>Tufts University Guide to Total Nutrition</i>	Stanley Gershoff, PhD	A handbook to better health through good nutrition. Covers most aspects of food & diet planning, facts on vitamin and mineral supplements, changing nutritional needs for all age groups, weight control through diet.
	<i>American Dietetic Association Complete Food and Nutrition</i>	Roberta Larson Duyff, MS, RD,	Overall reference concerning nutrition and how nutrition affects health issues.
	<i>Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating</i>	Walter C. Willett, MD	Promotes healthy fats, whole grains, nuts, legumes, fish, poultry, eggs, limit or eliminate dairy, consume red meat, white bread, white potatoes, pasta, and sweets sparingly.
	<i>Eating Well for Optimal Health</i>	Andrew Weil, MD	Nutritional breakdowns, weekly menus, recipes, dietary advice for common ailments. "Bringing health & pleasure back to eating."
	<i>Food and Mood: The Complete Guide to Eating Well and Feeling Your Best</i>	Elizabeth Somer, MA, RD	Promotes each individual's uniqueness and how amazing the human body is. Very detailed yet understandable for the lay person, describing anatomy and physiology.
	<i>The New Food Lover's Companion</i>	Sharon Tyler Herbst	Ultimate kitchen tool. Over 6,000 listings on subjects relating to food & drink.
	<i>Intuitive Eating</i>	Evelyn Tribole, RD	Discusses the emotional roller coaster many individuals face which coincides with their body weight issues.
	<i>Secrets of Feeding a Healthy Family</i>	Ellyn Satter, RD	Advocates promoting healthy body images to children and how to create a nurturing family environment. Includes recipes and healthy tips.
	<i>Power Healing</i>	Leo Galland, MD	Outline on how to truly improve general health, along with describing the pitfalls many encounter along the way.
	<i>Nutrition for Life</i>	Lisa Hark, PhD, RD & Darwin Deen, MD	"One volume encyclopedia" of straightforward nutrition (before 2005).
	<i>What Color is Your Diet</i>	David Heber, MD, PhD	Promotes a variety of fruits and vegetables, explaining benefits of each as they relate to the colorful phytonutrients found in foods.