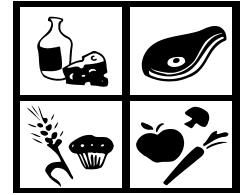


Chandler-Gilbert Community College
Library

Nutrition



To Begin...

Locate background information on nutrition-related topics by searching in subject encyclopedias and other reference books. Here are a few reference resources in the field which will help you understand the subject and lead you to other useful sources.

Bowes & Church's Food Values of Portions Commonly Used REF TX 551 .B64
This is a guide to nutritional information provides the nutritional values of foods.

Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride
REF QP 772 .V52 D466 1997

Dietary Reference Intakes for Thiamin, Riboflavin, niacin, etc. REF QP 772 .V52 D53 2000

This is one of a series of comprehensive reports establishing the reference values for various nutrients and food compounds.

Dietary Reference Intakes for vitamin C, Vitamin E, Selenium, and Carotenoids
REF QP 801 .A66 D53 2000

This is one of a series of comprehensive reports establishing the reference values for various nutrients and food compounds.

Dietetics: Practice and Future Trends REF RM 218.5 .D54
Topics covered include: educational preparation, credentialing of dietetic practitioners, clinical practice, community nutrition practice, future of dietetics, etc.

Heimbarger, Douglas. Handbook of Clinical Nutrition REF RM 217.2 .H45
Information is provided under the broader topics of "Nutrition for Health Maintenance," "Nutritional Support in Patient Management," and Nutrition in Specific Clinical Situations."

Krause's Food, Nutrition, & Diet Therapy REF RM 216 .M285
This is a classic text of the increasing importance of nutrition in achieving and maintaining optimal health and fitness.

Manual of Nutritional Therapeutics REF RM 217.2 .A47 1995

Manual of Clinical Dietetics REF RM 216 .M29 2000

Southwest Diet Manual REF RA 784 .S649
This resource provides menu plans and information needed for hospitals, long term care facilities, and others who provide meal programs.

Mayo Clinic Diet Manual: a Handbook of Nutrition Practices REF RM 217.2 .M38 1994

More Detailed Information...

Use the *CGC Library Catalog* to find complete books giving more detailed information on your topic. First look for your topic in the *Library of Congress Subject Headings* to make sure which word is used. For example "Children—Nutrition" is used instead of "Nutrition of Children."

or browse... the RM's... for books about diet therapy or the QP's for books about the physiological processes of nutrition.

Patfinder

What's New...

Search *Infotrac* or *EBSCOhost* (web-based databases) for information from academic and general interest periodicals. These indexes contain the full text for many titles. Or browse through the Library's back issues of *Nutrition Today*, the *American Journal of Public Health*, *FDA Consumer*, *Journal of the American Dietetic Association*, and others

Webliography

American Dietetics Association www.eatright.org

American Society for Clinical Nutrition Human Nutrition Institute (INACG) www.ilsa.org

National Institute of Nutrition www.nin.ca

Sports, Cardiovascular, and Wellness Nutritionists (SCAN) www.nutrifit.org

Dietary Guidelines for Americans www.nal.usda.gov/fnic/dga

Food Guide Pyramid www.nal.usda.gov/fnic/fpyr/pyramid.html

National Academy Press on "Dietary Reference Intakes (DRI)": www.nap.edu

The Food and Agriculture Organization and the World Health Organization www.fao.org

Vegetarianism www.vrg.org

Dietary Guidelines for Americans www.nal.usda.gov/fnic/dga

Anorexia Nervosa and Related Eating Disorders (ANRED) www.anred.com

American Heart Association www.amhrt.org

American Diabetes Association www.diabetes.org

National Food Service Management Institute www.nfsmi.org