Lending Library

Nutrition

**The Blue Zones Solution: Eating and Living like the World's Healthiest People,** Dan Buettner
You will be inspired by the specific stories of the people, foods, and routines of our healthiest elders. Understand the role community, family and naturally healthy habits can play to improve our diet and health.

Yes, it's true. Chocolate is one of the healthiest foods you can eat. Learn how to enjoy a little chocolate every day, guilt-free, for the benefit of your health. Includes recipes with healthy ways to eat chocolate.

**Chocolate Unwrapped: The Surprising Health Benefits of America's Favorite Passion,** Rowan Jacobsen
Can Chocolate, of all things, really be food for you? The scientists say yes. Now one book pulls all the information together for you. Includes recipes with healthy ways to eat chocolate.

**Complete Food and Nutrition Guide,** Roberta Larson Duyff, MS, RD, FADA, CFCS
American Dietetic Association latest healthy eating guidelines with foods and lifestyle strategies for your health, energy, and wellness. Nutritional advice for every age and stage of life.

**Eat, Drink, and Be Healthy; The Harvard Medical Guide to Healthy Eating,** Walter C. Willett, MD and Patrick J. Skerrett
Discover eye opening research on the healthiest carbohydrates, fats and proteins. Menu plans and brand-new recipes that make it even easier to reinvent your diet.

**Eat This, Not That! (Be the Leanest, Fittest family on the Block),** David Zinczenko with Matt Goulding
You are faced with dozens of food choices every single day. Which ones will help keep your children healthy, and which are loaded with hidden fat, calories, and other nasty stuff? With this simple illustrated guide to thousands of foods, make the right choice every time.

Borrow for up to 3 weeks by sending an email with book title and interoffice mail location to 411-HealthPromotion.

**EAT HEALTHY BE ACTIVE LIVE WELL**
Nutrition Continued

Eat This, Not That (Restaurant Survival Guide), David Zinczenko with Matt Goulding

The insider's guide to smart, healthy, menu secrets at all of America's favorite restaurants. With this simple illustrated guide to hundreds of restaurants and menu options, you’ll make the smartest choice for you and your family.

Eat This, Not That! (Supermarket Survival Guide), David Zinczenko with Matt Goulding

From the produce section to the frozen food aisle, the modern supermarket is loaded with food choices. With this simple illustrated guide to thousands of foods, you'll make the smartest choice for you and your family.

Edible Gardening for California Vegetables, Herbs, Fruits & Seeds, Jennifer Beaver, Alison Beck

Food plants have their own ornamental value, adding harmony to existing landscapes without creating a separate vegetable garden. They also provide a fresh, healthy alternative to the fruits and vegetables bred for long-distance transportation and shipped to our grocery stores from all over the world. In this book, we show how, with just a little effort, you can augment your landscape with edibles of every description in an environmentally sustainable manner.

The End of Overeating (Audiobook), David A. Kessler MD

Kessler cracks the code of overeating by explaining how our bodies and minds are changed when we consume foods that contain sugar, fat and salt.

Fast Food Nation: The Dark Side of the All-American Meal, Eric Schlosser

Fast food has hastened the milling of our landscape, widened the chasm between rich and poor, fueled an epidemic of obesity, and propelled American cultural imperialism abroad.

Fat Chance, Robert H. Lustig MD

In FAT Chance Robert documents the science and politics that led to our current pandemic of obesity and chronic disease and presents strategies to help us lose weight and recover the health of our own and future generations.

Fed Up (DVD) Laurie David

It's time to get real about food. In this documentary, narrated by Katie Couric, Fed Up looks at 30 year campaign by the food industry to mislead and confuse the American public. The film follows a group of families battling to lead healthier lives and reveals why the conventional wisdom of "exercise and eat right" is not ringing true for millions of people struggling with diabetes, obesity and other serious conditions.

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EAT HEALTHY BE ACTIVE LIVE WELL
Food Allergies & Food Intolerance: The Complete Guide to Their Identification and Treatment, Jonathan Brostoff, MD, and Linda Gamlin

The authors provide clear explanations of causes of as well as the difference between, food allergy and food intolerance and offer numerous case studies on problem all too familiar to many reader.

How Nutrition Works, Kristine M. Napier, MPH, RD

Nutrition Nuggets: How to reach (and maintain) your healthiest weight without dieting «How to understand fat and cholesterol once and for all «How to eat fewer calories and more nutrients «How to eat to lower your risk of cancer, heart disease, and stroke «and more

In Bad Taste: The MSG Symptom Complex, George R. Schwartz, MD

What you don't know may hurt you. This book presents MSG symptom analysis and examines mechanisms of MSG toxicity. Most importantly explains how to avoid MSG.

Integrative Nutrition, Joshua Rosenthal

Feed your hunger for health and happiness. Fad diets all promise miraculous results for your outward appearance yet people continue to eat poorly, gain weight and depend on medications and operations to maintain their health.

Intuitive Eating, Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA

Make peace with food free yourself from chronic dieting forever, rediscover the pleasures of eating.

Mindless Eating (Audiobook), Brian Wansink, Ph.D.

Mindless Eating will give you the facts you need to easily make smarter, healthier and more mindful and enjoyable choices at the dinner table, in the supermarket in restaurants at the office even at a vending machine, wherever you decide to satisfy your appetite.

The Omnivore's Dilemma: A Natural History of Four Meals, Michael Pollan

What should we have for dinner? This book is a long and fairly involved answer to this seemingly simple question. Along the way, it also tries to figure out how such a simple quest could ever have gotten so complicated.

Savor: Mindful Eating, Mindful Life (Audio Book), Thich Nhat Hanh and Dr. Lilian Cheung

Common sense tells us that to lose weight, we must eat less and exercise more. But somehow we get stalled. We start on a weight-loss program with good intentions but cannot stay on track. Rather than stay in a cycle of shame and guilt, authors show us how to end our struggles with weight once and for all.
Nutrition Continued

**Sugar Busters: Cut Sugar To Trim Fat**, H. Leighton Steward, et al.
Provides proven, scientific facts to help you break the sugar habit and lose weight permanently.

**Super Size Me: A Film of Epic Portions** (DVD), Morgan Spurlock
Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a "McDonald's only" diet for thirty days. Movie looks at corporate responsibility, nutritional education, school lunch programs and how we as a nation are eating ourselves to death.

**365 Days of Healthy Eating**, American Dietetic Association and Roberta Larson Duyff, MS, RD, FADA, CFCS
Smart eating and active lifestyle should be easy and enjoyable, not a chore! Let this book show you an easier way to start living a healthier lifestyle, one day at a time.

**What to Eat**, Marion Nestle
An Aisle-by Aisle Guide to Savvy Good Choices and Good Eating

**When Food is Love**, Geneen Roth
How dieting and emotional eating often become a substitute for intimacy. Drawing on her own painful personal experiences the author examines the crucial issue that surround emotional eating, need for control, dependency on melodrama, desire for what is forbidden and belief that one wrong move can mean catastrophe.

**Why We Get Fat**, Gary Taubes
This book looks at the urgent question of what's making us fat, and how we can change.

The Health Promotion Partnership

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