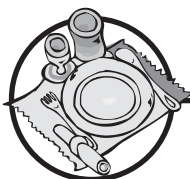


GOOD NUTRITION

READING LIST



General Nutrition

"American Dietetic Association Complete Food and Nutrition Guide—3rd Edition"
by Roberta Larson Duyff, MS, RD, FADA, CFCS (John Wiley & Sons, Inc - 2006)

"Nutrition for Life"

by Lisa Hark, PhD, RD and Darwin Deen, MD (DK Publishing, Inc. - 2005)

"Pocket Supermarket Guide—3rd Edition"

by Mary Abbott Hess, MS, RD, FADA (American Dietetic Association - 2005)

Food and Supplement Facts

"ConsumerLab.com's Guide to Buying Vitamins and Supplements"
by Tod Cooperman, MD; William Obermeyer, PhD; Densie Webb, PhD, RD
(ConsumerLab.com, LLC - 2003)



"Bowes and Church's Food Values of Portions Commonly Used—18th Edition"
by Jean A.T. Pennington, PhD, RD and Judith Spungen Douglass (Lippincott - 2005)



Nutrition and Exercise

"Nancy Clark's Sports Nutrition Guidebook—3rd Edition"
by Nancy Clark, MS, RD (Human Kinetics Publishing - 2003)

"Strong Women Stay Slim"

by Miriam E. Nelson, PhD and Sara Wernick, PhD (Random House, Inc - 1999)

"Ultimate Sports Nutrition Handbook—2nd Edition"

by Ellen Coleman, MPH, RD and Suzanne Nelson Steen, DSc, RD (Bull Publishing Co - 2000)

"Complete Guide to Sports Nutrition"

by Monique Ryan, RD (VeloPress - 1999)

Healthy Weight

"Intuitive Eating"

by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD (St. Martin's Griffin - 2003)

"The Way To Eat"

by David L. Katz, MD, MPH and Maura Gonzalez, MS, RD (Source Books - 2003)

"Healthy Habits for Life: Your Six Week Guide to Food and Fitness"

by Linda Mendoza, RD and Perri Bernard, RD (Washington State Dairy Council - 2006)



For Parents

"Your Child's Weight: Helping without Harming"

by Ellyn Satter, MS, RD, LCSW (Kelcy Press - 2005)

"Fuel for Young Athletes: Essential Foods and Fluids for Future Champions"

by Ann Litt, MS, RD (Human Kinetics - 2004)

Special Needs

“The DASH Diet Action Plan”

by Marla Heller, MS, RD (Amidon Press - 2005)

“Dealing With Food Allergies”

by Janice Vickerstaff Joneja, PhD, RDN
(Bull Publishing Company - 2003)



Cookbooks

“Mom’s Guide to Meal Makeovers”

by Janice Newell Bissex, MS, RD and Elizabeth Weiss, MS, RD (Broadway Books - 2004)

“Diabetes & Heart Healthy Cookbook”

by The American Diabetes Association® and The American Heart Association® (2004)

“Naturally Nutritious: Everyday Family Meals”

by The Washington State Dairy Council (2005)

Internet resources

MyPyramid and MyPyramid for Kids

www.mypyramid.gov

Dietary Guidelines for Americans 2005

www.healthierus.gov/dietaryguidelines

International Food and Nutrition Council (IFIC)

www.ific.org

National Institutes of Health

www.nih.gov

Food and Drug Administration (FDA)

www.fda.gov

Food Safety Information

www.foodsafety.gov

24 Carrot Press

www.nutritionforkids.com

Quack Watch

www.quackwatch.org

Pacific Science Center

www.exhibits.pacsci.org/nutrition/nutrition_cafe.html

Kidnetic

www.kidnetic.org



Newsletters

Tufts University Health and Nutrition Letter

www.healthletter.tufts.edu

University of California at Berkley Wellness Letter

www.wellnessletter.com

Consumer Reports on Health

www.consumerreports.org

Sources for Nutrition & Health Information

Washington State Dairy Council

(425) 744-1616

www.eatsmart.org

National Dairy Council

www.nationaldairycouncil.org

www.nutritionexplorations.org

American Cancer Society, WA Affiliate

(206) 283-1152

www.cancer.org

American Diabetes Association, WA Affiliate

(888) 342-2383

www.diabetes.org

American Dietetic Association

(800) 366-1655

www.eatright.org

American Heart Association, NW Affiliate

(800) 562-6718

www.americanheart.org

Food Allergy Network

(800) 929-4040

www.foodallergy.org

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