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Nutrition

DEFINITIONS

Nutrition

- Nutrition is the sum of the process by which an animal or plants takes in and utilized food substances in animals typically involving ingestion, digestion, absorption and assimilation. . *(Webster's Third New International Dictionary of English Language, Chicago: Encyclopedia Britannica, 1986, Ref 423 W39, Reference Section, University Library)*
- The act or process of nourishing or being nourish. . *(Webster's Third New International Dictionary of English Language, Chicago: Encyclopedia Britannica, 1986, Ref 423 W39, Reference Section, University Library)*
- The study of food and health. It is a science that centers on foods, their nutrients and other chemical constituents, and effects of food constituents on body process and health. *(Nutrition Now. Brown, Judith 4th ed. Australia: Thomson, 2005 Cir 613.2 B878 2005, Circulation Section, University Library)*

BOOKS

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2nd Floor

Bender, David A. (2006) **Bender's dictionary of nutrition and food technology**. Ref 641.03 B458 2006

Caballero, Benjamin, editor (2005) **Encyclopedia of human nutrition** 2nd ed. 612.303 En56

Duyff, Roberta Larson. (2006) **American Dietetic Association complete food and nutrition guide**. Ref 613.2 D988 2006

Hogan, Mary Ann (2005) **Reviews and rationales series for nursing : nutrition and diet therapy** 613.2076 H714 Reference 2005

Lagua, Rosalinda T. (2004) **Nutrition and diet therapy dictionary**, 5th ed. 613.203 L181 2004

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Longe, Jacqueline L., ed.(2008) **The Gale encyclopedia of diets : a guide to health and nutrition**. Ref 613.203 G151

Moore, Mary Courtney (2009) **Pocket guide to nutritional assessment and care.** 6th ed. 615.854 M823 2009

Wright, Katherine (2004) **Guide to wellbeing** 613.2 W948

Circulation Section
3rd Floor

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(2003) **Daily fitness and nutrition journal** 613.7 D133

Abelos, Alex V. (2005). **Understanding nutrition in a global perspective: a workbook in basic nutrition** 613.2 Ab141

Agatston, Arthur (2004) **The South beach diet : good fats, good carbs guide** 613.283 Ag283

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Berkoff, Nancy (2005) **Nutrition for the culinary arts** 1st ed. 613.2 B513 2005

Boyle, Marie (2010) **Community nutrition in action : an entrepreneurial approach.** 5th ed. TSU In-process

Boyd, J. Lucy (2010) **The Complete guide to healthy cooking and nutrition for college students : how not to gain 17 pounds at college.** 613.20842 B789

Brown, Judith E. (2011) **Nutrition through the life cycle.** 4th ed. 613.2 B878 2011

Brown, Judith E. (2008) **Nutrition through the life cycle.** 3rd ed. 613.2 B878 2008

Brown, Judith E. (2011) **Nutrition now.** 6th ed. 613.2 B878 2011

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Brown, Judith E. (2005) **Nutrition now,** 4th ed. 613.2 B878 2008

Carpenter, Ruth Ann (2005) **Healthy eating every day** 613.2 C296

Cataldo, Corinne Balog (2003) **Nutrition and diet therapy : principles and practice** 6th ed. 613.2 C357 2003

Chamberlain, Valerie M. (2003) **Creative instructional methods for family and consumer sciences, nutrition and wellness.** 640.71 C443

Cradwell, Glenn (2012) **Gold medal nutrition.** 5th ed. Cir 613.2024796 C269 2012

Culinary Institute of America (2008) **Techniques of healthy cooking.** 641.57 T255

DeBruyne, Linda Kelly (2008) **Nutrition and diet therapy : principles and practice,** 7th ed. 615.854 D288 2008

Drummond, Karen Eich. (2010) **Nutrition for foodservice and culinary professionals.** 7th ed. 613.2. D795 2010

Drummond, Karen Eich. (2007) **Nutrition for foodservice and culinary professionals**. 613.2. D795 2007

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Dudek, Susan G. (2007) **Nutrition essentials for nursing practice**, 5th ed. In-process (TSU)

Duyff, Roberta Larson. (2002) **American Dietetic Association complete food and nutrition guide**. 613.2 D988

Edelstein, Sari F, ed. (2008) **Managing food and nutrition services : for the culinary, hospitality, and nutrition professions**. 647.95068 M266

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Elsvier Mosby , Missouri, (editor). (2005). **William's basic nutrition diet therapy** 615.854 W721 2005

Fahey, Thomas D. (2005) **Fit & well : core concepts and labs in physical fitness and wellness**. 613.7043 F157 2005

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Grodner, Michele (2007) **Foundations and clinical applications of nutrition : a nursing approach**. 615.854 G873 2007

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Insel, Paul (2003) **Discovering nutrition** 613.2 In59

Kaput, Jim, ed. (2006) **Nutritional genomics : discovering the path to personalized nutrition**. 613.2 N976

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Kaufman, Mildred (2007) **Nutrition in promoting the public's health : strategies, principles, and practices**. 362.1 K21

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Klimis-Zacas, Dorothy, editor (2003) **Annual editions : nutrition 03/04** 613.2 An615 2003.

Lee, Robert D. (2010) **Nutritional assessment**. 5th ed. 613.2 L479 2010

Marotz, Lynn R. (2012) **Health, safety, and nutrition for the young child**. 8th ed. TSU In-process

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Nix, Staci, ed. (2005) **William's basic nutrition diet therapy** 12th ed. 615.854 W721 2005

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Powers, Scott K. (2003) **Total fitness and wellness** 3rd ed. 613.7 P888 2003

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Roth, Ruth A. (2005) **Nutrition & diet therapy** 8th ed. 613.2 R845 2005

Robertson, Cathie (2010) **Safety, nutrition & health in early education**, 4th ed. 372.171 R658 2010

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Schlenker, Eleanor D. (2011) **Williams' essentials of nutrition and diet therapy.** 10th ed. 613.2 Sch341 2011

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Smolin, Lori A. (2003) **Nutrition : science & applications** 4th ed. 613.2 Sm666 2003

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Sweet, Julia E. (2001) **365 activities for fitness, food and fun for the whole family : super sports, great games, exciting experiments and nutrition nuggets** 613.7 Sw974

Thompson, Janice (2009) **Nutrition : an applied approach**, 2nd ed. 612.3 T473 2009

Thompson, Janice (2008) **The Science of nutrition.** 613.2 T473

Thompson, Janice (2007) **Nutrition for life** 2007 613.2 T473

Upton, Julie (2009) **Energy to burn : the ultimate food and nutrition guide to feel your active life.** 613 Up71

Wardlaw, Gordon M. (2009) **Contemporary nutrition.** 7th ed. 612.3 W266 2009

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Webb, Geoffrey P. (2008) **Nutrition : a health promotion approach**, 3rd ed. 612.3 W366 2008

Whitney, Ellie (2005) **Understanding nutrition** 10th ed. 613.2 W618 2005

Williams, Melvin H. (2010) **Nutrition : for health, fitness and sport** 9th ed. 613.2 W725 2010

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Worthington, Patricia (2004) **Practical aspects of nutritional support : an advanced practice guide** 613.2 W934

Filipiniana Section
2nd Floor

De Guzman, Ma. Patronicio E. (1996) **Basic nutrition for Filipinos** Fil 612.3 B311 1996

Florencio, Cecilia A. (2004) **Nutrition in the Philippines : the past for its templates, red for its color.** 363.85609599 F632

Jamorabo - Ruiz, Adela (2004) **Medical nutrition therapy for Filipinos** 615.854 J32

Quirino, Cory. (2006) **Forever young : kabataan habambuhay: ang gabay ni Cory Quirino tungo sa kagandahan at kalusugan.** Fil 613.7 F718

Ruiz, Adela Jamorabo (2010) **Basic nutrition for Filipinos : enlarged for metabolism.** 6th ed. Fil 613.2 R934 2010

High School Library
2nd & 3rd Floor APS Annex

Bickerstaff, Linda (2005) **Careers in nutrition.** Ref 613.202 B583 2005

Caldwell, Carol Coles (2005) **Opportunities in nutrition careers,** rev. ed. Career 613.2023 C147 2005

Faiella, Graham (2005) **The Food Pyramid and Basic Nutrition : assembling the building blocks of a healthy diet.** Ref 613.2 F159

Greene, Bob (2009) **The best life diet,** rev and updated ed. Cir 613.25 G799

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McCarthy, Rose (2005) **Food Labels : using nutrition information to create a healthy diet.** Ref 664 M123

Marshall, Janette (2004) **Power food** 613.10 M368

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Perretta, Lorraine (2004) **Brain food : the essential guide to boosting your brain power.** Cir 613.2 P455

Perry, James W. (1998) **Photo atlas for botany** Ref 581.0223 P462

Silate, Jennifer (2005) **Planning and Preparing healthy meals and snacks : a day-to-dat guide to a healthier diet.** Ref 642.4 Si581

Tecco, Betsy Dru (2005) **Food for fuel : the connection between food and physical activity.** Ref 613.2083 T255

Grade School Library
CB Building

- Favor, Lesli J. (2008) **Food as foe : nutrition and eating disorders.** 613.2 F275
- Favor, Lesli J. (2008) **Weighing in : nutrition and weight management.** Elem 613.2 F275
- Matricardi, Joanne (2008) **Health, safety, and nutrition activities A to Z.** Elem 613.2083 M433.
- Shryer, Donna (2008) **Body fuel : a guide to good nutrition.** Elem 613.2 Sh561
- Shryer, Donna (2008) **Peak performance : sports nutrition.** Elem 613.2 Sh561

AUDIO-VISUAL MATERIALS

Audio-Visual Center AVC
2nd Floor

Diet analyst ver. 5.0 [CD-ROM]
612.3 D656 2001

Food & nutrition [VHS]
HS VHS VR 641.3 F686 1997

Health : exercise, nutrition and sleep [VHS]
by Meyer, Harlan 613 H434 1996

The Healthy palate [DVD]
DVD 641.563 H434

Nutrition and Diet Therapy [VHS]
by Christensen, Margaret Dumphy, Lynne Kent, Leslie Brottmiller, William
615.854 N976 2003

Nutrition and diagnosis-related care PDA [CD-ROM]
by Escott-Stump, Sylvia
CDR 615.854 Es74 2003

NutritionCalc Plus + [CD-ROM]
CDR 612.3 N976

ELECTRONIC JOURNALS

Accessible Thru HAU Library Webpage
Proquest 5000

- The American Journal of Clinical Nutrition
- Annals of Nutrition & Metabolism
- Annual Review of Nutrition
- Asia Pacific Journal of Clinical Nutrition
- Asian Journal of Clinical Nutrition

- Better Nutrition
- The British Journal of Nutrition
- Critical Reviews in Food Science and Nutrition
- European Journal of Clinical Nutrition
- European Journal of Nutrition
- Family Economics and Nutrition Review
- FAO Food and Nutrition Paper
- Food and Nutrition Sciences
- International Journal of Behavioral Nutrition and Physical Activity
- International Journal of Food Safety, Nutrition, Public Health and Technology
- International Journal of Food Sciences and Nutrition
- Journal of Community Nutrition & Health
- Journal of Health, Population and Nutrition
- Journal of Nutrition Education and Behavior
- The Journal of Nutrition, Health & Aging
- Full text available
- The Journal of Nutrition
- Journal of the Academy of Nutrition and Dietetics
- JPEN, Journal of Parenteral and Enteral Nutrition
- Nutrition
- Nutrition Action Health Letter
- Nutrition and Food Science
- Nutrition Business Journal
- Nutrition Forum
- Nutrition Health Review
- Nutrition in Clinical Practice
- Nutrition Journal
- Nutrition & Metabolism
- Nutrition News
- Nutrition Research Reviews
- Nutrition Reviews
- Pakistan Journal of Nutrition
- Polish Journal of Food and Nutrition Sciences
- The Proceedings of the Nutrition Society
- Public Health Nutrition
- Support Line
- Tufts University Health & Nutrition Letter

INTERNET RESOURCES

Multimedia and Internet Workstation
2nd and 3rd Floor, University Library

Nutrition from Nutrition.gov: Smart Nutrition Starts here.
Retrieved January 7, 2014 from <http://www.nutrition.gov/>

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Providing science-based dietary guidance is critical to enhance the public's ability to make healthy choices in the effort to reduce obesity and other food related diseases. Since dietary needs change throughout the lifespan, specialized nutrition

information is provided about infants, children, teens, adult women and men, and seniors. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites.

Nutrition Topics from Center for Disease, Control and Prevention.

Retrieved January 7, 2014 from <http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>

The CDC is one of the major operating components of the Department of Health and Human Services. Its mission is to collaborate to create the expertise, information, and tools that people and communities need to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new health threats.

Food and Nutrition from Medline Plus.

Retrieved January 7, 2014 from <http://www.nlm.nih.gov/medlineplus/foodandnutrition.html>

MedlinePlus will direct you to information to help answer health questions. MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. Preformulated MEDLINE searches are included in MedlinePlus and give easy access to medical journal articles. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

Nutrition Health Topics from World Health Organization.

Retrieved January 7, 2014 from <http://www.who.int/nutrition/topics/en/>

WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

Compiled by:

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