

Nutrition Books
Available for check out at the Mutch Women's Health Library

• BROWN BAG SUCCESS
• EVERYDAY DAIRY-FREE COOKBOOK
• ULTIMATE LOW-CARB DIET COOKBOOK
• ULTIMATE SPORTS NUTRITION
• MAYO CLINIC ON DIGESTIVE HEALTH
• FAMILY NUTRITION BOOK, THE
• SECRETS OF FEEDING A HEALTHY FAMILY
• HOW TO TEACH NUTRITION TO KIDS
• QUICK MEALS FOR HEALTHY KIDS AND BUSY PARENTS
• FEED YOUR FAMILY FOR \$12.00 A DAY
• 365 ACTIVITIES FOR FITNESS, FOOD & FUN FOR THE WHOLD FAMILY
• HEALTHY FOODS
• FOOD & NUTRITION

<p>BROWN BAG SUCCESS By NISSENBERG AND PEARL</p> <p>Nissenberg and Pearl show you how to reduce morning stress, use leftovers, and get the kids involved. Recipes include simple soups, sandwich staples, non-sandwich favorites, sides to go, quick breads and starches, and snacks, treats, and finishing touches. This book also features a month of complete lunch menus, a quick course on nutrition, answers to parents' most-asked questions about lunch, and nutrition analysis for each recipe.</p>
<p>EVERYDAY DAIRY-FREE COOKBOOK By ROGERS AND WHITE</p> <p>This book explains all you need to know about this condition, how to tackle it, and where to go for help and advice. Miller Rogers and Emily White have invented, tested, tasted, and retested over 180 easy-to-make recipes that you can enjoy and eat with assurance.</p>
<p>ULTIMATE LOW-CARB DIET COOKBOOK By DONNA PLINER RODNITZKY</p> <p>Inside this book you'll discover more than 200 scrumptious and easy to prepare recipes that will help you continue to enjoy this fat-burning diet regime on into the future. Plus, you'll find carbohydrate counts and a nutritional analysis for each recipe.</p>
<p>ULTIMATE SPORTS NUTRITION By COLEMAN AND STEEN</p> <p>The author tells you how you can meet your needs for protein, fat, vitamins, minerals, water, and carbohydrates. This is a comprehensive guide for any athlete.</p>
<p>MAYO CLINIC ON DIGESTIVE HEALTH By KING, JOHN E</p> <p>Offers proven strategies for managing common digestive problems, including gas, heartburn, ulcers, constipation & diarrhea. Practical tips are included as well as tips on avoiding digestive</p>

discomfort and preventing more serious problems.

FAMILY NUTRITION BOOK, THE

By SEAR, WILLIAM AND MARTHA

The comprehensive information provided will enable you to become your own family nutritionists. Topics covered include: picky eaters; how to read a food label; creating a balanced vegetarian diet, understanding which fats are good for you and tips on how to make healthy eating fun for your whole family.

SECRETS OF FEEDING A HEALTHY FAMILY

By SATTER, ELLYN

The book aims to help the family rediscover the joy and security of sharing good food. Some of the information covers choosing food for the family; planning to get you cooking and shopping. You will receive tips on raising a healthy eater.

HOW TO TEACH NUTRITION TO KIDS

By EVERS, CONNIE LIAKOS

Discover hands on nutrition education activities for children ages 6 - 12. The activities will appeal to children and make learning fun and meaningful. A great resource for educators as well as parents.

QUICK MEALS FOR HEALTHY KIDS AND BUSY PARENTS

By NISSENBERG, BOGLE AND WRIGHT

This book is the perfect solution for tight schedules and empty stomachs. with over 140 recipes, it's easy to prepare food for the whole family. It also includes timesaving ideas for organizing the grocery shopping as well as nutritional and food pyramid information.

FEED YOUR FAMILY FOR \$12.00 A DAY

By BARFIELD, RHONDA

Learn methods for saving money at the supermarket to feed your family. The book includes shopping lists, menu plans, and recipes.

365 ACTIVITIES FOR FITNESS, FOOD & FUN FOR THE WHOLD FAMILY

By SWEET, JULIE

Learn how to create rainbow-colored celery; teach your toddler youngster yoga; have a hoedown family night; and tease your family's taste buds with delicious, healthy recipes. You and your family will never get bored with the hundreds of fun ideas in this book!

HEALTHY FOODS

By ELY, LEANNE

This is a book for parents about bein in control of their child's health through responsible nutrition. A common sense approach to healthy eating. Includes tons of recipes.

FOOD & NUTRITION

By TULL, ANITA

The book includes the latest nutritional guidelines, up-to-date information on diet and health and current legislation on the safe supply of food. Practical food preparation, hygiene and safety, kitchen equipment and consumer protection are also covered.