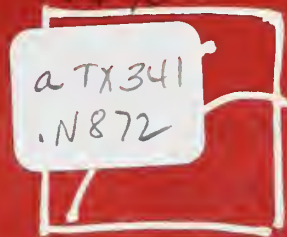


Historic, Archive Document

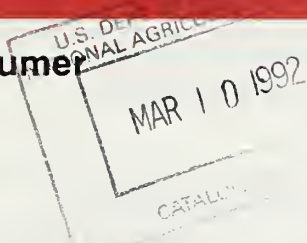
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Sensible Nutrition

Commonsense Nutrition

Books (in order by year)

Eating on the Run. Evelyn Tribole. Champaign, IL: Leisure Press. In press. 250 pp.

A Lowfat Lifeline for the 90's: How to Survive in a Fat-Filled World. Valerie Parker. Lake Oswego, OR: Lowfat Publications. 1990. 288 pp.

Dr. Jean Mayer's Diet and Nutrition Guide. Jean Mayer and Jeanne Goldberg. New York, NY: Pharos Books. 1990. 314 pp.

The Mount Sinai School of Medicine Complete Book of Nutrition. Victor Herbert and Genell Subak-Sharpe (eds.). New York, NY: St. Martin's Press. 1990. 796 pp.

The Restaurant Companion. Hope Warshaw. Chicago, IL: Surrey Books. 1990. 314 pp.

The Tufts University Guide to Total Nutrition. Stanley Gershoff with Catherine Whitney. New York, NY: Harper and Row. 1990. 312 pp.

Personal Nutrition. Marie Boyle and Eleanor Whitney. St. Paul, MN: West Publishing Company. 1989. 522 pp.

How to Get Your Kid to Eat . . . But Not Too Much. Ellyn Satter. Palo Alto, CA: Bull Publishing Company. 1987. 396 pp.

Jane Brody's Nutrition Book. Jane Brody. New York, NY: Bantam Books. 1987. 552 pp.

The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.



Booklets/Pamphlets (in order by year)

Nutrition and Your Health: Dietary Guidelines for Americans. 3rd edition. U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1990. 27 pp. Available from Consumer Information Center, Dept. 514-X, Pueblo, CO 81009.

Ten Tips to Healthy Eating. 1990. 8 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

Eating Better When Eating Out Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 20 pp. Item No. 123-W. Available from Consumer Information Center, Pueblo, CO 81009.

Good Sources of Nutrients. 17 Fact Sheets on Vitamins, Minerals and Dietary Fiber. U.S. Department of Agriculture. 1989. Item No. 171-W. Available from Consumer Information Center, Pueblo, CO 81009.

Making Bag Lunches, Snacks and Desserts Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 124-W. Available from Consumer Information Center, Pueblo, CO 81009.

Preparing Foods and Planning Menus Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 125-W. Available from Consumer Information Center, Pueblo, CO 81009.

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 126-W. Available from Consumer Information Center, Pueblo, CO 81009.

Nutrition Misinformation

Books (in order by year)

Health Schemes, Scams, and Frauds. Stephen Barrett and the editors of Consumer Reports. Mount Vernon, NY: Consumers Union. 1990. 245 pp.

Unconventional Cancer Treatments, Summary. Congress of the United States, Office of Technology Assessment. 1990. 32 pp. Available from Superintendent of Documents, Government Printing Office, Washington, D.C. 20402-9325

Popular Nutritional Practices. Jack Yetiv. New York, NY: Dell Publishing. 1988. 400 pp.

Real Food, Fake Food and Everything In Between. Geri Harrington. New York, NY: Macmillan Publishing Company. 1987. 381 pp.

The New Honest Herbal. Varro E. Tyler. Philadelphia, PA: George F. Stickley Company. 1987. 254 pp.

Booklets/Pamphlets (in order by year)

Unproven Methods of Cancer Management: Macrobiotic Diets for the Treatment of Cancer. 1989. 3 pp. Available from American Cancer Society, 1599 Clifton Road, NE, Atlanta, GA 30329. (404) 320-3333.

Alphabet Soup: Nutrients from Food and Supplements. 1987. 12 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

Nutrition Myth-Information. 1983. 8 pp. Available from National Dairy Council, 6300 North River Road, Rosemont, IL 60018-4233. (312) 696-1860, ext. 220.

Journal Articles (in order by year)

“Nutrition quackery: recent trends and tidbits.” Stephen Barrett. *Nutrition Forum*, 7(4):25-29. July/August 1990.

“Contrary to popular ‘nutritional’ belief . . .” *Tufts University Diet & Nutrition Letter*, 5(11):3-6. January 1988.

“Designer diets.” Joanne Silberner. *U. S. News and World Report*, 104(6):73-85. February 15, 1988.

“Sorting out the sense from the nonsense.” Joanne Silberner. *U. S. News and World Report*, 104(6):86. February 15, 1988.

“Seeking a nutrition counselor? how to tell the pros from the quacks.” Susan Smith. *Environmental Nutrition*, 10(10):1-3. November 1987.

Selected Periodicals on Sensible Nutrition

Cooking Light. Southern Living, Inc., P.O. Box C-549, Birmingham, AL 35282-9990. (800) 336-0125.

Cooking Light Cookbook. Oxmoor House, P.O. Box 2463, Birmingham, AL 35201. (800) 633-4910.

Eating Well. Eating Well Magazine, P.O. Box 1001, Charlotte, VT 05445. (800) 344-3350.

Environmental Nutrition. Environmental Nutrition Inc., 2112 Broadway, Suite 200, New York, NY 10023. (212) 362-0424.

F.D.A. Consumer. Superintendent of Documents, Washington, DC 20402-9371. (301) 443-3220.

Mayo Clinic Nutrition Letter. Mayo Foundation for Medical Education and Research, 200 First St., SW, Rochester, MN 55905. (800) 888-3968.

Tufts University Diet & Nutrition Letter. Tufts University Diet & Nutrition Letter, P.O. Box 57857, Boulder, CO 80322-7857. (800) 274-7581, in Colorado (303) 447-9330.

University of California, Berkeley, Wellness Letter. Wellness Letter, School of Public Health, University of California, Berkeley, CA 94720. (415) 642-8061.

Selected Cookbooks (in order by year)

The New American Diet System. Sonya Connor and William Connor. New York, NY: Simon and Schuster. 1991. 574 pp.

All-American Low-Fat Meals in Minutes. M. J. Smith. Minnetonka, MN: DCI Publishing. 1990. 315 pp.

Cooking Light. Birmingham, AL: Oxmoor House. 1990. 319 pp.

The Guiltless Gourmet Goes Ethnic, Italian, French, Mexican, Spanish and Cajun Cuisine for the Health Conscious Cook. Judy Gillard and Joy Kirkpatrick. Minnetonka, MN: DCI Publishing. 1990. 219 pp.

The Good-for-Your-Health All-Asian Cookbook. Marie Wilson. Rutland, VT: C.E. Tuttle. 1989. 360 pp.



More Lean and Luscious. Bobbie Hinman and Millie Snyder. Rocklin, CA: Prima Publishing and Communications. 1988. 461 pp.

Jane Brody's Good Food Book. Jane Brody. New York, NY: Bantam Books. 1987. 700pp.

The Joy of Snacks. Nancy Cooper. Minnetonka, MN: DCI Publishing. 1987. 269 pp.

Eat Well, Be Well Cookbook. Metropolitan Life Insurance Company. New York, NY: Simon and Schuster. 1986. 214 pp.

Contacts for Assistance

Local Contacts (listed in the telephone directory)

Ask for the:

Cooperative Extension Service	Home Economist
Health Department	Nutritionist
Hospital	Registered Dietitian
Nutrition Consultant	Registered Dietitian or Licensed Dietitian or Licensed Nutritionist

National Contacts

American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854.

Consumer Health Information Research Institute (CHIRI), 3521 Broadway, Kansas City, MO 64111. (800) 821-6671.

Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane, Room 1663, Rockville, MD 20857. (301) 443-3170.

Food and Nutrition Information Center, National Agricultural Library, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 344-3719.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354. (714) 824-4690.

Penn State Nutrition Center, Ruth Bldg., 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.



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