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# Nutri - Topics

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Consumer

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## Sensible Nutrition

### Books, Book Chapters

The following books and book chapters are divided into three categories: general nutrition, general health, and cookbooks.

### General Nutrition (in order by year)

*Eating Leaner and Lighter.* David G. Schardt. New York, NY: Warner Books. 1994. 256 pp.

*Fight Fat & Win! Updated and Revised Edition.* Elaine Moquette-Magee. Minneapolis, MN: DCI Publishing, Inc. 1994. 330 pp.

*Nutrition Concepts and Controversies.* 6th ed. Eva May Nunnelley Hamilton, Eleanor Noss Whitney, and Frances Sienkiewicz Sizer. St. Paul, MN: West Publishing Company. 1994. 601 pp.

"Basic Nutrition Concepts," "Cardiovascular Disease," and "Cancer." In: *Consumer Health: A Guide to Intelligent Decisions.* Harold J. Cornacchia and Stephen Barrett. St. Louis: Mosby. 1993. pp. 227-251, 353-375, 388-408.

*The Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies.* 3rd ed. Varro E. Tyler. Binghamton, NY: Pharmaceutical Products Press. 1993. 375 pp.

*Nutrition for Women: The Complete Guide.* Elizabeth Somer. New York: H. Holt, 1993. 475 pp.

*Realities of Nutrition.* 2nd ed. Ronald M. Deutsch and Judi S. Morrill. Palo Alto, CA: Bull Publishing Co. 1993. 594 pp.

*The Supermarket Diet: How Food Labels Can Help You Eat Healthfully and Control Your Weight.* Valerie A. George and Richard N. Nathanson. 1993. 224 pp.

*The University of California San Diego Nutrition Book.* Paul Saltman, Joel Gurin, and Ira Mothner. Boston: Little, Brown and Company. 1993. 384 pp.

*Eat for Life: The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease.* Catherine E. Woteki and Paul R. Thomas (eds.). Washington, DC: National Academy Press. 1992. 179 pp.

*Eating on the Run.* 2nd ed. Evelyn Tribole. Champaign, IL: Leisure Press. 1992. 241 pp.

*The Real Life Nutrition Book: Making the Right Food Choices Without Changing Your Life-Style.* Susan Finn and Linda Stern Kass. New York, NY: Penguin Books. 1992. 389 pp.

*Taking the Fear out of Eating: A Nutritionists' Guide to Sensible Food Choices.* Charlotte R. Gallagher and John B. Allred. New York, NY: Cambridge University Press. 1992. 299 pp.

*The Wellness Encyclopedia of Food and Nutrition.* Sheldon Margen and the Editors of the University of California at Berkeley Wellness Letter. New York: Rebus. 1992. 512 pp.

### **General Health (in order by year)**

*Consumer Health: A Guide to Intelligent Decisions.* Harold J. Cornacchia and Stephen Barrett. In particular, "Separating Fact from Fiction" (pp. 34-52), "Frauds and Quackery" (pp. 53-63), and "Nutrition Fads, Fallacies, and Scams" (pp. 263-284). St. Louis: Mosby. 1993. 677 pp.

*The Health Robbers: A Close Look at Quackery in America.* Stephen Barrett and William T. Jarvis (eds.). Buffalo, NY: Prometheus Books. 1993. 526 pp.

*Reader's Guide to Alternative Health Methods.* John F. Zwicky, Arthur W. Hafner, Stephen Barrett, and William T. Jarvis. Chicago, IL: American Medical Association. 1993. 348 pp.

### **Cookbooks (in order by year)**

*100% Pleasure: From Appetizers to Desserts, the Low-Fat Cookbook for People Who Love to Eat.* Nancy Baggett and Ruth Glick. Emmaus, PA: Rodale Press. 1994. 370 pp.

*Cooking Light 1994.* Annual Cookbook. Birmingham, AL: Oxmoor House. 1994. 272 pp.

*Indian Light Cooking: Delicious and Healthy Food from One of the World's Great Cuisines.* Ruth Law. New York: Donald I. Fine, Inc. 1994. 368 pp.

*Lean Italian Cooking.* Anne Casale. New York: Fawcett Columbine. 1994. 206 pp.

*The American Heart Association Cookbook.* 5th ed. abridged. New York: Random House Large Print in association with Time Books. 1993. 651 pp.

*Betty Crocker's New Choices Cookbook.* 1st ed. Betty Crocker. New York: Prentice Hall. 1993. 442 pp.

*Down Home Healthy: Family Recipes of Black American Chefs.* Leah Chase and Johnny Rivers. National Cancer Institute, National Institutes of Health, Public Health Service, U.S. Dept. of Health and Human Services. NIH Publication No. 93-3408. 1993. Available from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (202) 783-3238.

*The Lowfat Jewish Vegetarian Cookbook: Healthy Traditions from Around the World.* Debra Wasserman. Baltimore, MD: The Vegetarian Resource Group. 1993. 224 pp.

*The Low-Fat Way to Cook.* Lisa A. Hooper, ed. Birmingham, AL: Oxmoor House. 1993. 256 pp.

*Skinny Beef.* Marlys Bielunski, Susan Lamb Parenti, and Irene Yeh. Chicago: Surrey Books. 1993. 208 pp.

*Lean and Luscious and Meatless.* Bobbie Hinman and Millie Snider. Rocklin, CA: Prima Publishing. 1992. 463 pp.

*What's Cooking at the Cooper Clinic: Our Best Recipes for Your Best Health.* Dallas, TX: The Nutrition Department of the Cooper Clinic. 1992. 228 pp.

*Betty Crocker's Low-Fat, Low-Cholesterol Cookbook.* New York: Prentice Hall Press. 1991. 221 pp.

*The Chez Eddie Living Heart Cookbook.* Antonio M. Gotto, Helen Roe, and the Staff of Chez Eddy Restaurant of the Methodist Hospital System. New York: Simon and Schuster. 1991. 310 pp.

*The Fast Food Diet: Quick and Healthy Eating at Home and on the go.* Mary Donkersloot. New York: Simon and Schuster. 1991. 269 pp.

*The Joy of Snacks: Good Nutrition for People Who like to Snack.* Nancy Cooper. Minneapolis, MN: DCI Publishing. 1991. 285 pp.

*Quick and Healthy: Recipes and Ideas for People Who Say They Don't Have Time to Cook Healthy Meals.* Brenda J. Ponichtera. The Dalles, OR: ScaleDown. 1991. 261 pp.

## **Magazines and Newsletters (in alphabetical order)**

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

*Eating Well: The Magazine of Food and Health*. P.O. Box 1001, Charlotte, VT 06446. (800) 344-3350.

*Environmental Nutrition*. P.O. Box 420451, Palm Coast, FL 32142-0451. (800) 829-5384.

*Nutrition Action Health Letter*. Center for Science in the Public Interest (CSPI), 1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009-5728. (202) 332-9110.

*Tufts University Diet and Nutrition Letter*. P.O. Box 57857, Boulder, CO 80322-7857. (800) 274-7581.

*University of California, Berkeley Wellness Letter*. Wellness Letter, Subscription Department, P.O. Box 420148, Palm Coast, FL 32142.

## **Booklets/Pamphlets (in order by year)**

*Ten Tips to Healthy Eating* (updated). 1994. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

*Making Healthy Food Choices*. 1993. Human Nutrition Information Service, United States Department of Agriculture. *Home and Garden Bulletin* Number 250. Available from the U.S. Department of Agriculture, Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782. (301) 436-3478.

*An Introduction to the New Food Label*. 1993. Department of Health and Human Services, U.S. Department of Agriculture, and the Food and Drug Administration. Single copy available from the FDA, (HFE-88), 5600 Fishers Lane, Rockville, MD 20857. (800) FDA-4010.

*Eating Right with the Dietary Guidelines*. 1992. U.S. Department of Agriculture, U.S. Department of Health and Human Services, and the Food Marketing Institute. Available from the Consumer Information Center, Pueblo, CO 81009. (719) 948-3334.

"Fast and Easy Fruits & Vegetables for Busy People" (1992, NIH Publication No. 93-3247), "Easy Entertaining With Fruits & Vegetables" (1992, NIH Publication No. 92-3249) and "Eat More Fruits & Vegetables" (1991, NIH Publication No. 92-3248) from the *5 a Day-For Better Health* series, U.S. Department of Health and Human Services: Public Health Service and National Institutes of Health. Available from the National Cancer Institute at (800) 4-CANCER.

*The Food Guide Pyramid*. 1992. Human Nutrition Information Service, United States Department of Agriculture. *Home and Garden Bulletin* Number 252. Available from the U.S. Department of Agriculture, Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782. (301) 436-3478.

*How to Steer Your Family to Healthier Eating*. 1992. Metropolitan Life Foundation. Available from MetLife, Health & Safety Education (16UV), One Madison Avenue, New York, NY 10010-3690. (212) 578-3372.

*Skimming the Fat: A Practical Food Guide*. 1992. 32 pp. Available from The American Dietetic Association, 216 West Jackson Boulevard, Suite 800, Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

"Cooking Solo" (1991, 34 pp.), "No Time to Cook" (1990, 44 pp.) and "Sneak Health Into Your Snacks" (1990, 23 pp.) from the *AICR Information Series*. Available from the American Institute for Cancer Research, Attn: Publications Department, Washington, D.C. 20069-2012. (800) 843-8114.

*Women and Nutrition: A Menu of Special Needs*. Reprint. Dori Stehlin. Office of Public Affairs, FDA, Public Health Service, Department of Health and Human Services. DHHS Publication No. (FDA) 91-2247. Available from the Office of Public Affairs, FDA, 5600 Fishers Lane, Rockville, MD 20857. (800) FDA-4010.

## Contacts for Assistance

<u>Local Contacts</u> (listed in the telephone directory)	<u>Ask for the:</u>
American Cancer Society (local or regional chapter) . . . . .	Educator
American Heart Association (county or state) . . . . .	Registered Dietitian
Cooperative Extension (county or state) . . . . .	Service Home Economist
Dietetic Association (state or regional chapter) . . . . .	Dietitian
Health Department (city, county, state) . . . . .	Public Health Nutritionist
Hospital . . . . .	Dietitian
Nutrition Consultant . . . . .	Registered Dietitian, Licensed Nutritionist, or Licensed Dietitian

## National Contacts

The American Dietetic Association (ADA), National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655; Chicago Area (312) 899-4853.

American Institute for Cancer Research (AICR), 1759 R Street, NW, Washington, DC 20009. (800) 843-8114. Washington, DC Metropolitan area: (202) 328-7744.

Center for Science in the Public Interest (CSPI), 1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009-5728. (202) 332-9110.

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

National Council Against Health Fraud, Inc., P.O. Box 1276, Loma Linda, CA 92354. (909) 824-4690.

National Heart, Lung, and Blood Institute (NHLBI) Information Center, 4733 Bethesda Avenue, Suite 530, Bethesda, MD 20814-4820. (301) 251-1222.

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

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