Reliable Nutrition Books & Websites for College Students

Here is a list of books and websites for more nutrition information. To buy these books, check these two websites: BigWords.com, and CampusBooksforLess.com to shop for your best price.

General Nutrition & Healthy Eating

- *The College Student’s Guide to Eating Well on Campus.* Ann Selkowitz Litt, MS, RD. 2005 (2nd Ed.)
- WEBSITES: American Dietetic Association www.eatright.org/
  Center for the Science in the Public Health Interest www.cspinet.org/
  International Food Information Council (IFIC) www.ific.org/
  Food and Nutrition Information Center www.nal.usda.gov/fnic
  US Government Healthfinder www.healthfinder.gov

Food Analysis

- WEBSITES: Dietary Analysis Tool--University of Illinois www.nat.uiuc.edu
  Nutrition Data nutritiondata.com
  USDA’s Interactive Healthy Eating Index www.usda.gov/cnpp
  USDA’s Nutrient Data Laboratory www.ars.usda.gov/main
  USDA’s MyPyramid Tracker www.mypyramidtracker.gov

Weight Management: Non Dieting Approach

WEBSITES: WIN: Weight Control Information Network win.niddk.nih.gov/index.htm
  National Weight Control Registry www.nwcr.ws/
  Healthy Weight Network www.healthyweight.net
  Shape Up America www.shapeup.org

Sports Nutrition

- WEBSITES: American College of Sports Medicine (ACSM) www.acsm.org
  National Collegiate Athletic Assoc. (NCAA) www.ncaa.org/
  National Strength and Conditioning Association www.nsca-lift.org

Vegetarian Nutrition

• *The New Becoming Vegetarian: The Essential Guide To A Healthy Vegetarian Diet.* Vesanto Melina MS, RD, Brenda Davis RD. 2003 (2nd Ed.)
• WEBSITES:
  
  Vegetarian Resource Group  
  www.vrg.org
  Vegetarian Times  
  www.vegetariantimes.com

**Body Image / Disordered Eating**

• *The Adonis Complex: How to Identify, Treat and Prevent Body Obsession in Men and Boys.* Harrison G. Pope MD, Katharine A. Phillips MD, Roberto Olivardia PhD. 2002

• WEBSITES:
  
  Body Positive  
  www.bodypositive.com
  Eating Disorder Information & Referrals  
  www.edreferral.com/
  National Eating Disorders Association  
  www.nationaleatingdisorders.org
  Gurze Books Eating Disorders Resource Catalog:  
  www.bulimia.com
  NWHIC: Body Image  
  www.4women.gov/bodyimage
  Council on Size & Weight Discrimination  
  www.cswd.org
  About Face  
  www.about-face.org

**Cookbooks Specifically For College Students:**

• *The Healthy College Cookbook: Quick, Cheap, Easy.* Alexandra Nimetz, Jason Stanley, and Emeline Starr. 1999.
• *The Reluctant, Nervous, Lazy, Broke, Confused College Student's Cookbook.* Joshua Lambert. 2001
• *Quick & Healthy.* Brenda Ponichtera, RD. 1998
• WEBSITES:
  
  Cooking Light Magazine  
  www.cookinglight.com
  American Heart Assoc. Cookbook  
  www.deliciousdecisions.org

**Dietary and Herbal Supplements**

• *Tyler's Honest Herbal.* Steven Foster and Varro Tyler, PhD. 1999.
• WEBSITES:
  
  ConsumerLab.com  
  www.consumerlab.com
  NIH Office of Dietary Supplements  
  dietary-supplements.info.nih.gov
  SupplementWatch.com  
  www.supplementwatch.com
  NIH National Center for CAM  
  www.nccam.nih.gov
  American Botanical Council  
  www.herbalgram.org
  Herb Research Foundation  
  www.herbs.org

**Health Fraud & Hoaxes**

• WEBSITES:
  
  CDC Health Related Hoaxes  
  www.cdc.gov
  National Council Against Health Fraud  
  www.ncahf.org

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Nutrition Newsletters
- CSPI’s *Nutrition Action Health Letter* [www.cspinet.org](http://www.cspinet.org)
- UC Berkeley *Wellness Letter* [www.wellnessletter.com](http://www.wellnessletter.com)
- Tuft’s *University Health & Nutrition Letter* [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu)
- *Environmental Nutrition* [www.environmentalnutrition.com](http://www.environmentalnutrition.com)
- Loma Linda University’s *Vegetarian Nutrition and Health Letter*. 1-888-558-8703

Governmental Agencies
- WEBSITES: Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
  Department of Health and Human Services [www.os.dhhs.gov](http://www.os.dhhs.gov)
  Food and Drug Administration [www.fda.gov](http://www.fda.gov)
  National Institutes of Health [www.nih.gov](http://www.nih.gov)
  United States Department of Agriculture [www.usda.gov](http://www.usda.gov)
  USDA Center for Nutrition Policy [www.usda.gov/cnpp](http://www.usda.gov/cnpp)
  USDA Food & Nutrition Information Center [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

Websites for Different Diseases

**ADD (Attention Deficit Disorder)**
Children and Adults with Attention-Deficit Hyperactivity Disorders [www.chadd.org](http://www.chadd.org)

**Allergy**
Food Allergy and Anaphylaxis Network [www.foodallergy.org](http://www.foodallergy.org)

**Cancer**
American Cancer Society [www.cancer.org](http://www.cancer.org)
American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)
National Cancer Institute [www.nci.nih.gov](http://www.nci.nih.gov)

**Cardiovascular Disease**
American Heart Association (AHA) [www.americanheart.org](http://www.americanheart.org)
NIH, National Heart Lung Blood Institute (NHLBI) [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

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**Celiac Diseases**  
Celiac Spue Association  
[www.csaceliacs.org](http://www.csaceliacs.org)  
Gluten Intolerance Group of North America (GIG)  
NIDDK National Digestive Diseases Clearinghouse  

**Cystic Fibrosis**  
Cystic Fibrosis Foundation  
[www.cff.org](http://www.cff.org)

**Diabetes**  
American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)  
National Institute of Diabetes, Digestive and Kidney Disease  
[www.niddk.nih.gov](http://www.niddk.nih.gov)  
National Diabetes Education Program  

**HIV**  
HIV Resources  
[www.hivresources.com](http://www.hivresources.com)

**Migraines**  
[www.migraineprevention.org](http://www.migraineprevention.org)

**Obesity**  
WIN: Weight Control Information Network  

**Osteoporosis**  
NIH Osteoporosis and Related Bone Diseases National Resource Center  
[www.osteo.org](http://www.osteo.org)

**PCOS—Polycystic Ovarian Syndrome**  
[www.pcosupport.org](http://www.pcosupport.org)

**Prader Willi Foundation**  
[www.pwsausa.org](http://www.pwsausa.org)

**Renal Disease**  
NIDDK Kidney and Urologic Diseases Information Clearinghouse  