

Resources That May be Helpful

Here is a list of resources (books and websites) that we have found to help our clients

General Nutrition

www.eatright.org The American Dietetic Association Website

www.mypyramid.org This website helps guide you through the using the food guide pyramid. You can plug in your height, weight, and age and it will give you the calories and amounts of food you should be getting.

<http://hp2010.nhlbihin.net/menuplanner/menu.cgi> This website will help you plan some menus. It's a fun interactive website.

Restaurant Confidential by Michael F. Jacobson, Ph.D. and Jayne G. Hurley, R.D. -- This book tells you the good, bad and ugly of most types of restaurants. It also helps you figure out how to order healthfully in each restaurant type.

American Dietetic Association Complete Food and Nutrition Guide, 2nd Edition by Roberta Larson Duyff Wiley – This is a comprehensive guide that offers quick access to timely advice on a multitude of food and nutrition topics.

Weight Loss

<http://www.niddk.nih.gov/health/nutrit/win.htm/> Weight control Information Network provides the general public, health professionals, the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

Thin for Life by Anne Fletcher R.D.—A registered dietitian who compiled stories of other's weight loss journeys. This a great book that will help you gain ideas and tips as well as feel a sense of belonging to a weight loss community.

Intuitive Eating A Revolutionary Program that Works By Evelyn Tribole M.S., R.D. and Elyse Resch M.S., R.D. This book will help you focus on eating to nourish your self, it helps with making peace with food.

Fitness/Sports Nutrition

www.tripplefit.com *A personal trainer's website that focuses on mind, body and soul.*

Sports Nutrition Guidebook by Nancy Clark—Written by a dietitian and athlete this book helps guide you though feeding your body properly for all types of sports and actives.

Diabetes

www.diatetes.org The American Diabetes Association website, is full of information for people who are newly diagnosed, 20 years diagnosed as well as those who have Pre-Diabetes.

The American Dietetic Association Guide to Eating Right When You Have Diabetes
By Maggie Powers – This resource helps guide you on eating right to maintain normal blood sugars and an active, healthy lifestyle.

The New Family Cookbook for Diabetes by The American Dietetic Association and the American Diabetes Association – This cook book combines the most recent nutrition recommendation with contemporary culinary tastes. It includes more than 350 recipes with nutrient breakdown and exchange values.

Resources for Inflammatory Bowel Disease (Chron's and Ulcerative Colitis)

www.CCFA.org (Chrons and Colitis Foundation of America) Provides information on the disease itself, treatment, and support groups. A good overall source for general information.

<http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/index.htm> (The National Institute of Health) Gives a general overview of what Chrons is and FAQ's.

The New Eating Right for a Bad Gut : The Complete Nutritional Guide to Ileitis, Colitis, Crohn's Disease, and Inflammatory Bowel Disease (Paperback) by [James Scala](#)
A good guide on how to eat with gastroenterology issues.

Children

American Dietetic Association Healthy Eating for Kids: How Your Child Can Eat Smart from 5-12 By Jodie Shield and Mary Catherine Mullen -- Both authors are Registered Dietitians and parents. This resource helps parents provide the very best nutritional care for their children, with easy to follow guidelines so all kids can make a healthy choice.