



## Nutrition

To browse for books dealing with food, diet and nutrition go to the following call number areas:

QP141 – QP153.3	Physiological aspects of diet and nutrition
RA784	Personal Health
TX341 – TX641	Food and Nutrition

### Using the Online Catalog

Books and audiovisual materials related to this topic can be located by doing a KEYWORD or SUBJECT search in the library's online catalog.

NUTRITION	EATING DISORDERS
NUTRITIONAL ASPECTS OF....	ENZYMES
DIET	FATTY ACIDS
FOOD	FIBER
AGED - NUTRITION	MALNUTRITION
ANOREXIA	METABOLISM
ATHLETES - NUTRITION	MINERALS IN NUTRITION
BULIMIA	NUTRITION DISORDERS
CARBOHYDRATES	NUTRITIONALLY INDUCED DISEASES
CHILDREN - NUTRITION	OBESITY
DEFICIENCY DISEASES	PROTEINS
DIET IN DISEASE	REDUCING DIETS
DIET THERAPY	UNSATURATED FATTY ACIDS
DIETARY SUPPLEMENTS	VEGETARIANISM
DIETETICS	VITAMINS
DIGESTION	

### Reference Books

<i>CRC Desk Reference for Nutrition</i>	Ref QP141.B523 1998
<i>The Complete Book of Food Counts</i>	Ref TX551.N399 2000
<i>The Encyclopedia of Nutrition &amp; Good Health</i>	Ref RA784.R646 2003
<i>The Encyclopedia of Women's Health Issues</i>	Ref RA778.G29 2002
<i>The PDR Family Guide to Nutritional Supplements</i>	Ref RA784.P373 2001
<i>Food &amp; Nutrition Encyclopedia</i>	Ref TX349.F575 1994 v.1-2
<i>Macmillan Health Encyclopedia</i>	Ref RA776 M174 1999
<i>Bowes &amp; Church's Food Values</i>	Ref TX551.B64 1998
<i>Vitamins, Herbs, Minerals &amp; Supplements</i>	Ref QP771.G75 1998

## Periodicals Dealing With Nutrition in the West Valley College Library

Health  
Nutrition Today

U of Cal Berkeley Wellness Letter  
Prevention

### Finding Periodical Articles

To find full-text magazine, newspaper or journal articles regarding your topic, search in one of the following periodical indexes using keywords or phrases. The subjects listed previously may be useful in your search.

#### *ProQuest Direct*

1986+

This is a web-based index, providing access to articles from magazines, journals and newspapers.

Basic Search example: *eating disorders*  
*athletes AND nutrition*

Under “Results” you may find boxes, at the bottom of the page, labeled “Suggested Topics” or “Browse Suggested Publications,” which may help you narrow or focus your topic. More complicated searches can be done by using the “**Advanced**” search.

#### *PubMed Central*

This is a collection of free full text scholarly journal articles from the National Library of Medicine. Go to [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov). With the pull down tab next to Search, select PMC and then enter your search words.

### Internet Resources

Some Specific Web Sites Related to Nutrition include:

*American Dietetic Association*

[www.eatright.org](http://www.eatright.org)

*Center for Food Safety & Applied Nutrition*

[www.cfsan.fda.gov/list.html](http://www.cfsan.fda.gov/list.html)

*FDA Consumer Magazine*

[www.fda.gov/fdac/fdacindex.html](http://www.fda.gov/fdac/fdacindex.html)

*Dietitian.com*

[www.dietitian.com](http://www.dietitian.com)

*Nutrition Data*

[www.nutritiondata.com](http://www.nutritiondata.com)

*Healthy Eating Club*

[www.healthyeatingclub.org](http://www.healthyeatingclub.org)

*Vegetarian Resource Group (VRG)*

[www.vrg.org](http://www.vrg.org)

*Meals for You*

[www.mealsforyou.com](http://www.mealsforyou.com)

To find other, authoritative web sites, go to the Library’s Easy Access Page ([www.westvalley.edu/wvc/pat](http://www.westvalley.edu/wvc/pat)) and enter your search in the **Librarians’ Index**. You can also use a search engine such as Google.com or Dogpile.com. Enter a phrase, in quotation marks, such as “**body fat**” or combine terms such as “vitamin A” AND “toxic levels.”

**\*\*SEARCH FROM HOME OR YOUR WIRELESS LAPTOP:** You can search the West Valley College Library’s **Full Text Electronic databases** from home or your wireless laptop if you are a currently enrolled student. Go to <http://wvclibrary.info> and click on the “Easy Access” page icon and go to “**Find Articles.**” Click the **off-campus** link for the database you want to search. You will need your name and student ID number to log in to the databases.