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

- The Complete Book of Food Counts  Ref TX551.N399 2000
- The Encyclopedia of Nutrition & Good Health  Ref RA784.R646 2003
- The Encyclopedia of Women’s Health Issues  Ref RA778.G29 2002
- The PDR Family Guide to Nutritional Supplements  Ref RA784.P373 2001
- Macmillan Health Encyclopedia  Ref RA776 M174 1999
- Bowes & Church’s Food Values  Ref TX551.B64 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. 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
- Center for Food Safety & Applied Nutrition: www.cfsan.fda.gov/list.html
- FDA Consumer Magazine: www.fda.gov/fdac/fdacindex.html
- Dietitian.com: www.dietitian.com
- Nutrition Data: www.nutritiondata.com
- Healthy Eating Club: www.healthyeatingclub.org
- Vegetarian Resource Group (VRG): www.vrg.org
- Meals for You: www.mealsforyou.com

To find other, authoritative web sites, go to the Library’s Easy Access Page (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.