

Consumer Health

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Recommended Consumer Health Books on Diet and Nutrition

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This list is a small portion of books on nutrition. It is made by recommendations and reviews and avoids all books that are aimed at treating an illness or books for children. This was done in an effort to keep the list manageable.

***Ultrametabolism: The Simple Plan for Automatic Weight Loss.* Mark Hyman. New York: Scribner, 2008. ISBN-10: 0743272560 ISBN-13: 978-0743272568.**

Suggested by one of our dietitians. Has scientifically grounded information about weight loss myths, effective individualized strategies centered around the theme of stoking metabolism and a detailed six-week plan. Includes menus and recipes.

***YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger.* Michael F. Roizen, Mehmet Oz. New York: HarperCollins, 2005. ISBN-10: 0060765313 ISBN-13: 978-0060765316**

A fun book on how to keep your body healthy. Great cartoons and great information. Suggested by one of our dietitians and enjoyed by many of our employees.

***Mindless Eating: Why We Eat More Than We Think.* Brian Wansink. New York: Bantam Books, 2006. ISBN-10: 0553804340 ISBN-13: 978-0553804348**

Catchy title. Absolute favorite book of one of our Dietitians. Is really a book on the psychology of eating too much and how we can overcome those pitfalls. Helpful tips for fast food and social situations.

***You: On A Diet: The Owner's Manual for Waist Management.* Mehmet C. Oz, Michael F. Roizen. New York: HarperCollins, 2006. ISBN-10: 0743292545 ISBN-13: 978-0743292542**

This book is another popular favorite by these authors. It combines research info on eating with great tips on eating and lots of fun graphics and interesting facts. Another favorite for our dietitians and employees alike.



***The Fat Resistance Diet: Unlock the Secret of the Hormone Leptin to: Eliminate Cravings, Supercharge Your Metabolism, Fight Inflammation, Lose Weight & Reprogram Your Body to Stay Thin.* Leo Galland. Portland, OR: Broadway Books, 2006. ISBN-10 0767920538 ISBN-13: 978-0767920537**

This book was recommended by two dietitians in our hospital. The book focuses on Leptin and how to restore balance of this hormone which as an influence on how we eat.

Mary K. Joyce MALS, AHIP Received Masters of Arts in Library Science from Dominican University, River Forest, Illinois in 1992. and is a senior member of the American Academy of Health Information Professionals (AHIP). She has worked at Morristown Memorial Hospital since 1994 and has been the manager since 1999. She is active in HSLANJ and the New Jersey Chapter of SLA (Special Libraries Association) of which she is presently treasurer. In addition, from 1968 to 1971 she worked as a microbiologist for the Illinois Department of Public Health.

***The Volumetrics Weight-Control Plan* Barbara Rolls, Robert A. Barnett. New York: HarperCollins, 2005. ISBN-10: 0380821176 ISBN-13: 978-0380821174**

Suggested by one of our dietitians, Explains energy density and give suggestions on how to less and still feel full. No promises but common sense on how to lower calorie intake.

***The Cooper Clinic Solution to the Diet Revolution: Step up to the Plate!* Georgia G. Kostas. Dallas, TX: Balancing Act Nutrition Books, 2001. ISBN-10: 0963596926 ISBN-13: 978-0963596925**

Suggested by one of the dietitians, this book is not gimmicky. It is just sound common sense information on how to eat less and lose the weight.

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***Intuitive Eating: A Revolutionary Program That Works.* Evelyn Tribole, Elyse Resch. Portsmouth, NH: Libraries Unlimited, Inc, 2003. ISBN-10: 0312321236 ISBN-13: 978-0312321239**

Another book suggested by our dietitian, Intuitive eating is not a diet at all. You learn to eat what you want, what you need, and what feels good to your body. This book addresses many of the issues behind compulsive eating.

***American Dietetic Association Complete Food and Nutrition Guide.* Roberta Larson Duyff, ADA (American Dietetic Association). Hoboken, N.J.: John Wiley & Sons, 2006. ISBN-10: 0470041153 ISBN-13: 978-0470041154**

This comprehensive book from the American Dietetic Association explains everything you need to know about eating for health. It's packed with simple, practical tips and flexible guidelines to help you choose nutritious, flavorful, and convenient foods that suit your needs and lifestyle no matter what your age or stage of life. Favorite of many librarians

***Dr. Atkins' New Diet Revolution, New and Revised Edition.* Robert C. Atkins. New York: Avon Books, 2004. ISBN-10: 0060081597 ISBN-13: 978-0060081591**

I know that this diet is controversial but this is the man who started the low carb diet. There are dozens of variations. The whole idea is to lower blood sugar and in doing so trick the fat out of your system. In spite of the controversy, I know many who have lost weight on low carb diets when others did not work

***The South Beach diet.* Arthur Agaston. Emmaus, Penn: Rodale, 2005. ISBN-10: 1405087757 ISBN-13: 978-1405087759**

More low-carb. This diet has been picked as one that many can lose weight and lower cholesterol on. It is considered to be a more popular form of this type of diet.

***So What Can I Eat?!: How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own* by Elisa Zied, Ruth Winter. Hoboken, N.J.: John Wiley & Sons, 2006 ISBN-10: 0471772011 ISBN-13: 978-0471772019**

This book is written by a registered dietitian. It requires some work on the part of the reader as it requires one to figure out how many calories they need. The book then gives good sound advice on how to accomplish this.

***The Ultimate Calorie, Carb, & Fat Gram Counter.* Lea Ann Holzmeister, ADA (American Dietetic Association). Alexandria, VA: Small Steps Press, 2006. ISBN-10: 1580402070 ISBN-13: 978-1580402071**

The third edition of this essential diabetic's reference is on the market and registered dietitian Holzmeister has put together more nutritional information listings not only carbs, fat and calories, but additional details for nearly 7,000 listings. Great book for helping to keep on the straight narrow.

***Mayo Clinic Healthy Weight for Everybody.* Donald Hensrud. Rochester, MN : Mayo Clinic, 2005. ISBN-10: 1893005348 ISBN-13: 978-1893005341**

The book is Mayo Clinic's realistic perspective on how to control one's weight. It is for the seriously motivated, however, who want to improve their health and lives, and not for those who just want to look better. It isn't really a diet book.

***Nutrition for Women, Second Edition: How Eating Right Can Help You Look and Feel Your Best.* Elizabeth Somer. London; New York: Oxford, University Press, 2003. ISBN-10: 0805070818 ISBN-13: 978-0805070811**

This book is by a registered dietitian that helps women make realistic food choices that are healthy and help prevent disease.

