

Learn more about Nutrition

Provided to you by **Ask the Librarian!**
A service of the Aurora Libraries

Websites

eatright.org/Public *Academy of Nutrition and Dietetics* Browse information for healthy weight loss, food and nutrition information, nutrition advice for disease management and prevention, food safety and more.

heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp *American Heart Association - Nutrition Center* Provides guidelines for healthy eating, tips for healthy cooking and shopping, recipes and tips for dining out.

hsph.harvard.edu/nutritionsource *Harvard School of Public Health – The Nutrition Source* Provides evidence-based diet and nutrition information for clinicians, health professionals and the public.

medlineplus.gov *Medline Plus* is the comprehensive consumer health information database of the National Library of Medicine. Enter “nutrition” into the search box to find links to quality information from various sources.

choosemyplate.gov *U.S. Department of Agriculture* Find authoritative advice on how good dietary habits and portion size can promote health and reduce risk for major chronic diseases, as well as tools to personalize and track your nutrition.

Local Resources

<http://www.aurorahealthcare.org/services/nutrition/index.asp> *Aurora Health Care's* website on nutrition has information on Health & Wellness, Nutritional Counseling, Diabetes Management and Bariatric Services.

Aurora Nutrition Services Call nutrition professionals to discuss how to obtain more in depth nutritional counseling or obtain quick answers to short questions on diet or nutrition.

Aurora BayCare Medical Center 920-288-3219

Aurora Health Center

Plymouth 920-449-7240

Aurora Lakeland Medical Center 262-741-2005

Aurora Medical Center

Grafton 262-329-1250

Kenosha 262-948-6978

Racine 262-948-6978

Manitowoc 920-794-5000

Oshkosh 920-456-6000

Summit 262-434-5027

Aurora Memorial Hospital of Burlington 262-767-6440

Aurora Sheboygan Medical Center 920-459-1164

Aurora Sinai Medical Center 414-219-7956

Aurora St. Luke's Medical Center 414-747-7474

Aurora West Allis Medical Center 414-328-6214

Books

The 150 Most Effective Ways to Boost Your Energy by Jonny Bowden, PhD, CNS, Fair Winds Press, 2009, ISBN 9781592333417, \$18.24. Nationally known health expert Jonny Bowden presents small changes anyone can implement for improved energy, such as what to eat for all-day endurance. You'll also learn how nutritional deficiencies can sabotage strength and how they can be corrected with proper diet and supplements.

American Dietetic Association Complete Food and Nutrition Guide by Roberta Larson Duyff, John Wiley, 2012, ISBN 9780470912072, \$24.95. This award-winning resource from the world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life.

The CalorieKing Calorie, Fat & Carbohydrate Counter by Allan Borushek, Family Health, 2009, ISBN 1930448228, \$8.99. Do you want to know what is in that Big Mac or Starbuck's drink? This book includes nutritional data on over 200 fast food chains and restaurants.

Nutrition: What Every Parent Needs to Know American Academy of Pediatrics, 2012, ISBN 9781581103212, \$14.95. Information and strategies for parents to meet the dietary needs of their children from birth to adolescence.

(Books on this topic are available for checkout from the Aurora Libraries and may also be available at your public library.)