



Nutritional Wellness Resources

Daily Fitness Guide: Fitness, diet and exercise plans. Free download, www.eatright.org

No Fad Diet, American Heart Association, c. 2005, - Eat well, Move more, Helpful Tools

No Fad Diet, 2nd Edition, American Heart Association, c. 2014 - New recipes, New weight loss strategies

Complete Food & Nutrition Guide, 4th Edition, The American Dietetic Association's, c. 2012, Roberta Larson Duyff, MS,RS,CFCS – Latest nutrition advice for every age and stage of life

Calorie King: Calorie, Fat & Carbohydrate Counter, c. 2014 – Allan Boushek, Registered Dietician. Whether you want to lose weight, manage your diabetes, or reduce other diet-related risks, eating choice count. www.calorieking.com

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health, C. 2006 – T. Colin Campbell, PhD & Thomas M. Campbell II.

YOU: On A Diet Revised Edition: The Owner's Manual for Waist Management, c. 2009 - Michael F. Roizen, MD & Mehmet C. Oz, MD, Free Press, Division of Simon & Schuster

Eat This, Not That: The No-Diet Weight Loss Solution, c. 2013 – David Zinczenko & Matt Goulding (Series of books includes supermarket & restaurant survival guides), Rodale-Macmillan, www.eatthis.menshealth.com

Women Food and God: An Unexpected Path to Almost Everything, c. 2011 - Geneen Roth - Scribner, Division of Simon & Schuster

Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully (Healthy ... Emotional Eating, Weight Loss, Lose Weight) - Kindle Edition, c. 2014 - Simeon Lindstrom