Library Resource List for Nutrition



This is a selection of the books that **Crawley Library**, **West Sussex** have, which can be borrowed or reserved free of charge .

Crawley Library

Shelved at 613.2

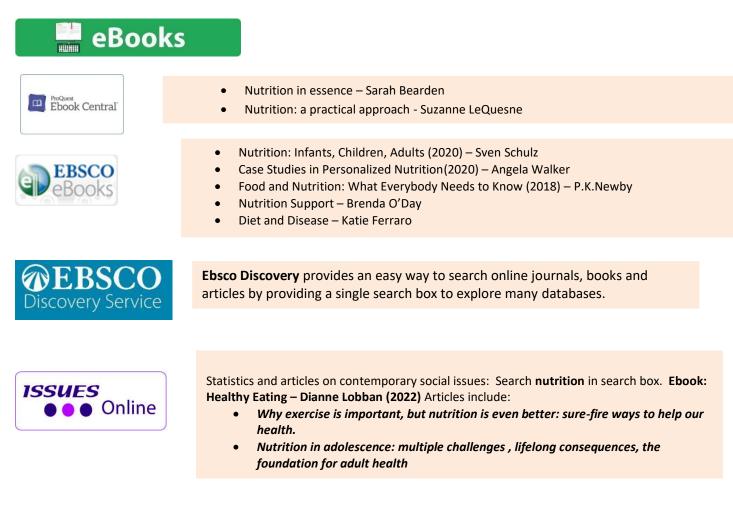
- Healthy eating (2022) Dianne Lobban (Also available as an ebook on Issues Online)
- Nutrition for Dummies (2020)– C.A. Rinzler
- The science of nutrition (2021) Rhiannon Lambert
- Nutrition bible (2020) Dale Pinnock
- Nutrition, health, and disease. 3rd ed, a lifespan approach Simon Langley-Evans (2021)
- Nutrition, maintaining and improving health. 4th ed (2012) Geoffrey Webb (5th ed published 2019?)
- Nutrition made incredibly easy (2010)– Kathy Martyn

There are also books on obesity, sugar, diabetic diets, vegetarian diet, plant-based diets



Access via Crawley Library Moodle Pages on CCG Online Direct access in College or via Shibboleth outside College using your College Office 365 email and password

Useful keywords to search, nutrition, nutrition and health, healthy eating, diet, dietectics

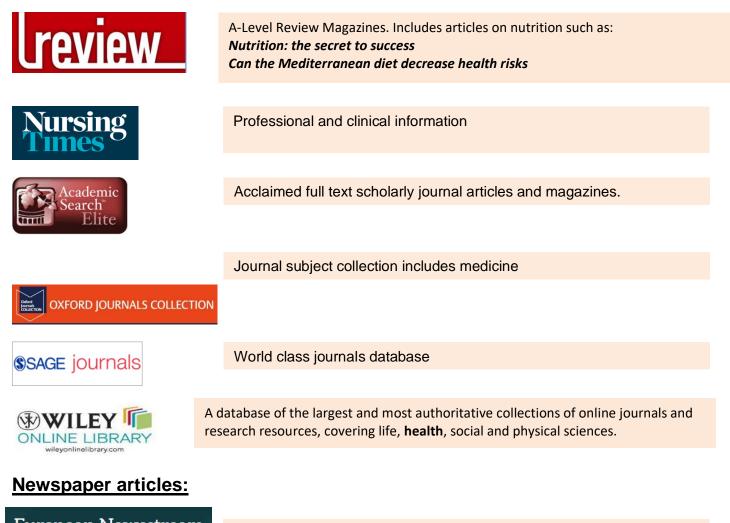






Recorded TV programmes and films available to watch in College or at home: Nutrition playlist

Magazines



European Newsstream

Access to news content with archives back to 1990. Includes newspapers including **The Guardian** and **The Times**

Useful Websites:

British Nutrition Foundation www.nutrition.org.uk - British Nutrition Foundation

British Dietetic Association Home | British Dietetic Association (BDA)

