

Library Resource List for Nutrition



Books

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



Online Resources

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, dietetics



eBooks



- Nutrition in essence – Sarah Bearden
- Nutrition: a practical approach - Suzanne LeQuesne



- Nutrition: Infants, Children, Adults (2020) – Sven Schulz
- Case Studies in Personalized Nutrition(2020) – Angela Walker
- Food and Nutrition: What Everybody Needs to Know (2018) – P.K.Newby
- Nutrition Support – Brenda O'Day
- Diet and Disease – Katie Ferraro



Ebsco Discovery provides an easy way to search online journals, books and articles by providing a single search box to explore many databases, including Ebsco ebooks, Academic Search Elite, Oxford Academic, Sage Journals, and Wiley.



Statistics and articles on contemporary social issues: Search **nutrition** in search box. **Ebook: Healthy Eating – Dianne Lobban (2022)** Articles include:

- ***Why exercise is important, but nutrition is even better: sure-fire ways to help our health.***
- ***Nutrition in adolescence: multiple challenges , lifelong consequences, the foundation for adult health***



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



Magazines



A-Level Review Magazines. Includes articles on nutrition such as:
Nutrition: the secret to success
Can the Mediterranean diet decrease health risks

Academic Search
Elite

Acclaimed full text scholarly journal articles and magazines.

OXFORD
ACADEMIC

Journal subject collection includes medicine

Sage Journals

World class journals database



A database of the largest and most authoritative collections of online journals and research resources, covering life, **health**, social and physical sciences.

Newspaper articles:

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](http://www.nutrition.org.uk)

British Dietetic Association [Home | British Dietetic Association \(BDA\)](http://www.bda.uk.com)