## 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. 4<sup>th</sup> ed (2012) Geoffrey Webb (5<sup>th</sup> 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

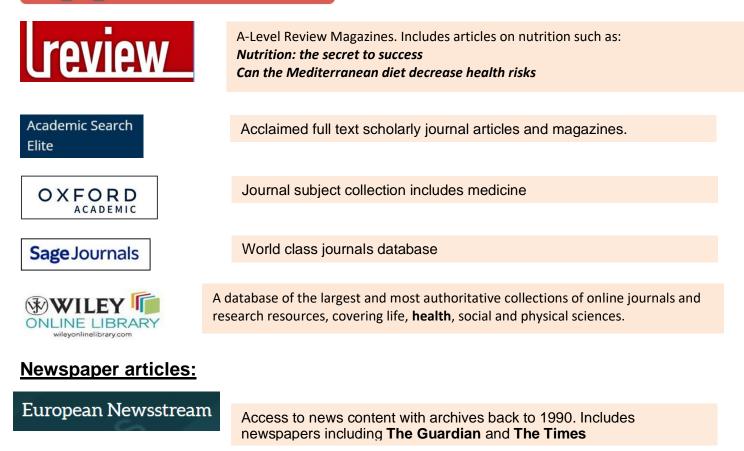
eBooks	
ProQuest Ebook Central	<ul> <li>Nutrition in essence – Sarah Bearden</li> <li>Nutrition: a practical approach - Suzanne LeQuesne</li> </ul>
<b>EBSCO</b> eBooks	<ul> <li>Nutrition: Infants, Children, Adults (2020) – Sven Schulz</li> <li>Case Studies in Personalized Nutrition(2020) – Angela Walker</li> <li>Food and Nutrition: What Everybody Needs to Know (2018) – P.K.Newby</li> <li>Nutrition Support – Brenda O'Day</li> <li>Diet and Disease – Katie Ferraro</li> </ul>
<b>EBSCO</b> Discovery Service	<b>Ebsco Discovery</b> 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.
<b>ISSUES</b> ● ● ● Online	<ul> <li>Statistics and articles on contemporary social issues: Search nutrition in search box. Ebook: Healthy Eating – Dianne Lobban (2022) Articles include:</li> <li>Why exercise is important, but nutrition is even better: sure-fire ways to help our health.</li> <li>Nutrition in adolescence: multiple challenges, lifelong consequences, the foundation for adult health</li> </ul>





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

## Magazines



## **Useful Websites:**

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

British Dietetic Association Home | British Dietetic Association (BDA)

