

## Nutrition

### *Nutrition Almanac*

by John D. Kirschmann  
613.2 N

A comprehensive book that includes information regarding the best foods to eat for certain health conditions.

### *The 150 Healthiest Foods on Earth*

by Jonny Bowden  
613.2 B

Readers will find out what nutrients each of the 150 featured foods contain and other helpful information.

### *The Healthiest Kid in the Neighborhood*

by William Sears.  
618.923 HEA

America's foremost childcare experts present an appetizing, easy-to-follow eating plan for shaping children's tastes and metabolisms toward optimal health.

### *What to Eat*

by Marion Nestle  
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Author Marion Nestle takes us on a guided tour of the American supermarket and shows us exactly how to feed our families and ourselves wisely and well.

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Coming out of the Vermont test kitchens of "Eating Well" magazine, this collection serves up a broad range of 150 easy and mouthwatering recipes that can be cooked in 35 minutes or less.

***Nutrition for Dummies***

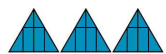
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***Eat, Drink and be Healthy: the Harvard Medical School Guide to Healthy Eating***

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