

Scope Statement:

This study guide focuses on resources for nutrition and healthy eating which are available to state employees. Additionally, state employees can contact the State Library for more information about available services, reference help and publications at 614-644-7051 or refhelp@library.ohio.gov.

Electronic Collections:

- **OhioLINK- Electronic Journal Center (EJC):** Full text of 7000+ research journals.
- **Academic Search Complete (EBSCO):** Academic Search Complete provides access to more than 7,100 full-text periodicals, including more than 6,100 peer-reviewed journals. In addition to full text, this database offers indexing and abstracts for more than 11,200 journals and a total of more than 11,700 publications including monographs, reports, conference proceedings, etc. The database features PDF content going back as far as 1887, with the majority of full text titles in searchable PDF format.
- **CINHAL Plus (EBSCO):** CINAHL Plus with Full Text provides access to full text for nursing & allied health journals.
- **Health Source (Nursing/Academic Edition & Consumer Edition) (EBSCO):** The Consumer Edition is the richest collection of consumer health information available to libraries worldwide, providing information on many health topics including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health. *Health Source: Consumer Edition* provides access to nearly 80 full text, consumer health magazines. The Nursing/Academic Edition provides nearly 550 scholarly full text journals focusing on many medical disciplines. *Health Source: Nursing/Academic Edition* also features the *Lexi-PAL Drug Guide*, which covers 1,300 generic drug patient education sheets with more than 4,700 brand names.

eJournals/eBooks:

| Title | Collection | From |
|---------------------------------------------------------------|----------------------------------------|------|
| Better Nutrition | Health Source Consumer Edition (EBSCO) | 1996 |
| Healthy Eating | Health Source Consumer Edition (EBSCO) | 2000 |
| Healthy Meals for Hurried Lives | Health Source Consumer Edition (EBSCO) | 2002 |
| Healthy Traveler | Health Source Consumer Edition (EBSCO) | 2002 |
| Nutrition Bulletin | EJC | 2001 |
| Nutrition Health Review | Health Source Consumer Edition (EBSCO) | 1990 |
| Nutrition Journal | Academic Search Complete (EBSCO) | 2002 |
| Nutrition Research | EJC | 1995 |
| Tuff's University Health and Nutrition Letter | Health Source Consumer Edition (EBSCO) | 1997 |

Federal and Commercial Websites:

- **Nutrition** (<http://www.nutrition.gov/>): Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.
- **Choose My Plate** (www.choosemyplate.gov) : The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being of Americans.
- **Eat Right** (<http://www.eatright.org/>): The American Dietetic Association strives to improve the nation's health and advance the profession of dietetics through research, education, and advocacy.
- **American Dietetic Association** (http://www.eatright.org): The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.
- **Food Safety** (<http://www.foodsafety.gov/>): FoodSafety.gov is the gateway to food safety information provided by government agencies. The Food Safety and Inspection Service (FSIS) of the U.S. Department of Agriculture, the U.S. Food and Drug Administration (FDA), and the Centers for Disease Control and Prevention (CDC) serve important roles in ensuring food safety in the United States.

New Books at the State Library:

- [Culinary Intelligence: The Art of Eating Healthy \(and Really Well\)](#) by Peter Kaminsky
- [The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table](#) by Tracy McMillan.
- [Fitness for Geeks; Real Science, Great Nutrition and Good Health](#) by Bruce W. Perry

Library of Congress Classification/Dewey Classification:

- Library of Congress: RA- Public Aspects of Medicine; RC- Internal Medicine; TX- Home Economics
- Dewey Decimal System: 612- Human Physiology; 613- Promotion of Health; 641- Food and Drink

Search Terms:

- Nutrition
- Diet
- Dietetics
- Food Habits