Recommended Nutrition Books & Websites for College Students

General Nutrition & Healthy Eating
- WEBSITES: American Dietetic Association [www.eatright.org](http://www.eatright.org)
  Center for the Science in the Public Health Interest [www.cspinet.org](http://www.cspinet.org)

Weight Management: Non Dieting Approach

Sports Nutrition
- WEBSITES: American College of Sports Medicine (ACSM) [www.acsm.org](http://www.acsm.org)
  National Collegiate Athletic Assoc. (NCAA) [www.ncaa.org](http://www.ncaa.org)

Vegetarian Nutrition
- WEBSITES: Vegetarian Resource Group [www.vrg.org](http://www.vrg.org)
  Vegetarian Pages [www.veg.org](http://www.veg.org)

Body Image / Disordered Eating
- Gurze Books Eating Disorders Resource Catalog: [www.bulimia.com](http://www.bulimia.com)
  Includes several self-help books (for anorexia, bulimia, compulsive overeating, compulsive exercise, & body image), as well as books for family and friends.
- WEBSITES: BodyPositive [www.bodypositive.com](http://www.bodypositive.com)
  Eating Disorder Information & Referrals [www.edreferral.com](http://www.edreferral.com)
  National Eating Disorders Association [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Cookbooks Specifically For College Students:
- *The Reluctant, Nervous, Lazy, Broke, Confused College Student's Cookbook.* Joshua Lambert. 2001
- *Quick & Healthy.* Brenda Ponichtera, RD. 1998

Dietary Supplements
  [www.supplementwatch.com](http://www.supplementwatch.com)
  Sheri Barke, MPH, RD
  COC, Student Health & Wellness Center
  Rev. 2004