



Featured Selections for National Nutrition Month

From the Mid-Hudson Library System Health Information Project

Borrow these items free from any library in the Mid-Hudson Library System using an MHLS card. Ask for assistance at your library or use Request-a-Title in the online catalog.

For specific information about each title, visit <http://hip.midhudson.org>.

VIDEOS/DVD's	<u>Length</u>	<u>Grade</u>	<u>Format</u>
<i>The ABCs of Vitamins</i>	24 min.	7 - 12	DVD/VHS
<i>After-School Cookbook</i>	17 min.	6 - 12	VHS
<i>Battling Obesity: Kids Taking Charge</i>	28 min.	7 - 12	VHS
<i>Fat Like Me: How to Win the Weight War</i>	40 min.	6 - 12	DVD/VHS
<i>Fit for Life (In the Mix Series)</i>	30 min.	6 - 12	DVD/VHS
<i>Food, Health and Exercise</i>	23 min.	7 - 12	VHS
<i>Let's Do Lunch</i>	26 min.	6 - 12	VHS
<i>Obesity in a Bottle: Understanding Liquid Calories and Nutrition</i>	21 min.	5+	DVD
<i>Portion Size Me: A Study of Healthy Fast-Food Choices</i>	25 min.	7 - 12	DVD
<i>Portion Size Me, Too: How to Make Healthy Fast-Food Choices</i>	25 min.	7 - 12	DVD
<i>Super Size Me EE (Educationally Enhanced)</i>	96 min.	6+	DVD
<i>Understanding Anorexia and Bulimia</i>	21 min.	6 - 12	DVD/VHS
<i>Wasting Away (Teens At Risk Series)</i>	16 min.	7 - 12	DVD/VHS
<i>Weighing the Risks: Gastric Bypass Surgery</i>	16 min.	7+	DVD/VHS

BOOKS (non-fiction)

3-Hour Diet for Teens by Jorge Cruise, 2007.

Best You Can Be: A Teen's Guide to Fitness and Nutrition by Christopher Hovius, 2005.

Chew On This: Everything You Don't Want to Know About Fast Food by Eric Schlosser and Charles Wilson, 2006.

Diet Information for Teens (Teen Health Series) edited by Karen Bellenir, 2001.

Do You Know What's in Your Food? (Making Healthy Food Choices Series) by Neil Morris, 2006.

Dr. Susan's Girls-Only Weight Loss Guide: The Easy, Fun Way to Look Good by Susan Bartell, 2006.

Eating Disorders Sourcebook, 2nd Edition edited by Joyce Brennfleck Shannon, 2007.

Fitness and Exercise Sourcebook, 3rd Edition edited by Amy L. Sutton, 2007.

Life Doesn't Begin 5 Pounds from Now by Jessica Weiner, 2006.

Malnutrition (Diseases and Disorders Series) by Don Nardo, 2007.

Nancy Clark's Sports Nutrition Guidebook, by Nancy Clark. 2003.

Obesity: Opposing Viewpoints by Andrea Nakaya, 2005.

Parent's Guide to Childhood Eating Disorders by Marcia Herrin & Nancy Matsumoto, 2002.

Sam Stern's Cooking Up a Storm: The Teen Survival Cookbook by Sam Stern and Susan Stern, 2005.

Veggie Revolution: Smart Choices for a Healthy Body and a Healthy Planet by Sally Kneidel and Sara Kate Kneidel, 2005.

Vegetarianism for Teens by Jane Duden, 2001.

When the Mirror Lies: Anorexia, Bulimia and Other Eating Disorders by Tamra Orr, 2007.

BOOKS (fiction)

Crystal by Walter Dean Myers, 1987.

Fifteen-year-old Crystal has difficulty trying to reconcile her personal and school life with the sexy, sophisticated persona her career as a quickly advancing high-fashion model has forced upon her.

The Earth, My Butt, and Other Big Round Things by Carolyn Mackler, 2003.

Feeling like she does not fit in with the other members of her family who are all thin, brilliant, and good-looking, fifteen-year-old Virginia tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her.

Hope Was Here by Joan Bauer, 2001.

Ever since her mother left, Hope has, with her comfort-food-cooking aunt Addie, been serving up the best in diner food from Pensacola to NYC.

Massive. By Julia Bell. Simon Pulse, 2005.

Carmen becomes obsessed with having a perfect body due to her mother's obsession with weight and her own belief that being thin is the key to success.

Mercy, Unbound. By Kim Antieau. Simon Pulse, 2006.

Believing she has wings and is an angel on earth, fifteen-year-old Mercy decides to stop eating. When she is forced to go to an eating disorder clinic, Mercy begins to see things in a new light.

More Than You Can Chew by Marnelle Tokio, 2003.

Marty Black may not be able to control her parents' behavior, but she can decide what she will and will not eat. Eventually, she stops eating altogether. Marty is close to death when she finally asks for help and finds herself in a psychiatric institution. But recognizing her need for help is only the first tenuous step on a long road to recovery.

Skin by Adrienne Maria Vrettos, 2006.

When his parents decide to separate, eighth-grader Donnie watches with horror as the physical condition of his sixteen-year-old sister, Karen, deteriorates due to an eating disorder.

WEBSITES

Center for Young Women's Health – <http://youngwomenshealth.org>

A lot of information on any topic young women need to know about; an appealing site that's easy to use.

Centers for Disease Control and Prevention – <http://www.cdc.gov>

Much more information than just diseases; covers topics scarce on other sites, such as natural and man-made threats.

Familydoctor.org - <http://www.familydoctor.org>

Good medical information and easy to understand, even though it's geared more towards adults.

GirlsHealth.gov - <http://www.4girls.gov>

Covers issues and answers questions teenage girls may be embarrassed to ask; important topics such as body, fitness, nutrition, bullying, your future, mind and many more.

MyPyramid.gov - <http://www.mypyramid.gov>

Plenty of information on the updated food pyramid; lets you create your own personal pyramid; great games and interactive features; wonderful for all ages.

Teen Growth – <http://teengrowth.com>

Updated and supplied by doctors; very current and easy to understand; great information on everything teens need.

TeensHealth – <http://www.kidshealth.org/teen/>

Large range of topics incorporates lots of information without being skimpy on any of them.

For more information, contact Project Coordinator Barbara Clapp: (845) 471-6060 ext. 23 or bclapp@midhudson.org.

The Health Information Project is funded by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and is funded in part by Dutchess County Government.