

The Role of STEM (Science, Technology, Engineering and Mathematics) in Nutrition and Diet: A Bibliography and List of Resources

This collection is intended to offer books on the science behind nutrition and diet, the technology and engineering used within the food and dietary industry and the mathematics involved in this area such as dietary formulations and minimum daily requirements. These books also are intended to provide the general public with the informational resources to make informed decisions about personal nutrition and dietary choices. These titles also will permit motivated individuals to go further and prepare for positions in fields such as food preparation and nutrition, and dietary consultation.

This collection was developed through a “Back to Books” grant funded with federal Library Services and Technology funds awarded to the Illinois State Library by the Institute of Museum and Library Services.

Please find below a listing of the book titles purchases, all of which may be requested through your local library or checked out with your NUHS library card. In addition, relevant websites and electronic resources are compiled for your convenience.

This bibliography is intended to be updated and maintained. Please report any obsolete links to reference@nuhs.edu.

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Additional Electronic Resources

Academy of Nutrition and Dietetics

<http://www.eatright.org/>

American Journal of Clinical Nutrition [*1-year embargo*]

<http://ajcn.nutrition.org/>

Boston Nutrition Obesity Research Center

<http://bnorc.org/>

British Journal of Nutrition [*1-year embargo*]

<http://journals.cambridge.org/action/displayJournal?jid=BJN>

Calorie Counter

<http://www.cancer.org/healthy/toolsandcalculators/calculators/app/calorie-counter-calculator>

Carbohydrate Calculator

<http://www.healthcalculators.org/calculators/carbohydrate.asp>

CDC How Many Fruits and Vegetables Do You Need?

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>

Center for Food Safety and Applied Nutrition

<http://www.fda.gov/Food/default.htm>

Center for Nutrition Policy and Promotion

<http://www.cnpp.usda.gov/>

Dietary Supplement LabelsDatabase

<http://dslid.nlm.nih.gov/dslid/>

Enhancing Food Safety: The Role of the Food and Drug Administration [*electronic book*]

http://www.nap.edu/catalog.php?record_id=12892

FDA Make Your Calories Count

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275438.htm>

Food and Nutrition Information Center

<http://fnic.nal.usda.gov/>

Food Insight: Your Nutrition and Food Safety Resource

<http://www.foodinsight.org/>

Food Research and Action Center

<http://frac.org/>

Food Safety Research Database

<http://fsrio.nal.usda.gov/>

Foundations of Nutrition Science

<http://ocw.tufts.edu/Course/76>

Genes & Nutrition

<http://www.ncbi.nlm.nih.gov/pmc/journals/589/>

Glossary of Terms Related to Healthy Eating, Obesity, Physical Activity, and Weight Control

<http://win.niddk.nih.gov/publications/glossary.htm>

Hunger and Obesity: Understanding a Food Insecurity Paradigm: Workshop Summary

http://www.nap.edu/catalog.php?record_id=13102

Journal of Nutrition [*1-year embargo*]

<http://jn.nutrition.org/>

Journal of the International Society of Sports Nutrition

<http://www.ncbi.nlm.nih.gov/pmc/journals/521/>

Leveraging Food Technology for Obesity Prevention and Reduction Efforts: Workshop Summary

<http://www.ncbi.nlm.nih.gov/books/NBK83188/pdf/TOC.pdf>

National Nutrient Database for Standard Reference

<http://ndb.nal.usda.gov/ndb/nutrients/>

Nutrition Analysis Tool

<http://www.myfoodrecord.com/mainnat.html>

Nutrition & Diabetes

<http://www.ncbi.nlm.nih.gov/pmc/journals/1752/>

Nutrition and Dietary Supplements

<http://www.dovepress.com/nutrition-and-dietary-supplements-journal>

Nutrition and Healthy Aging in the Community: Workshop Summary

<http://www.ncbi.nlm.nih.gov/books/NBK91530/pdf/TOC.pdf>

Nutrition and Healthy Eating (Mayo Clinic)

<http://mayoclinic.org/healthy-living/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477>

Nutrition Facts

<http://nutritionfacts.org>

Nutrition Journal

<http://www.ncbi.nlm.nih.gov/pmc/journals/128/>

Nutrition Source: Knowledge for Healthy Eating

<http://www.hsph.harvard.edu/nutritionsource/>

Nutrition.gov

<http://www.nutrition.gov/>

Obesity Society

<http://www.obesity.org/>

Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm>

Science of Cooking

<http://www.exploratorium.edu/cooking/index.html>

Sustainable Diets: Foods for Healthy People and a Healthy Planet: Workshop Summary

[*electronic book*]

<http://www.ncbi.nlm.nih.gov/books/NBK184585/pdf/TOC.pdf>

University of Illinois Extension: Sports and Nutrition: the Winning Connection

<http://urbanext.illinois.edu/hsnut/>

USDA Food-A-Pedia

<https://www.supertracker.usda.gov/foodapedia.aspx>

USDA's MyPlate.gov

<http://www.choosemyplate.gov/>

USDA Nutrient Data Laboratory

http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00

USDA Recipe Finder

<http://recipefinder.nal.usda.gov/>

Vegetarian Resource Group

<http://www.vrg.org/>

Weight-Control Information Network
<http://win.niddk.nih.gov/>