

Nutrition for Fitness and Sports Lifestyles Resources

WEBSITES:

www.livingstrong.org (Brian Konzelman, Certified Personal Trainer)
www.CookingLight.com (Cooking Light magazine)
www.fda.gov (U. S. Food and Drug Administration)
www.cdc.gov (Centers for Disease Control and Prevention)
www.heb.com (H-E-B grocery; Mealtime link, Cooking Tips link)

BOOKS:

Nancy Clark's Sports Nutrition Guidebook, 3rd edition, Nancy Clark, MS, RD., Human Kinetics, 2003, ISBN: 0-7360-4602-X, (see recipes)
Strong Women Eat Well, Miriam E. Nelson, Ph. D, Perigee, 2001, ISBN: 0-399-14740-3 and others in series, (see recipes)
Super Nutrition for Women, Ann Louise Gittleman, Ph.D., C.N.S., Bantam Dell, 2004, ISBN; 0-553-38250-0
Super Nutrition for Men, Ann Louise Gittleman, M.S., C.N.S., Avery, 1999, ISBN; 0-89529-954-2
Get the Sugar Out, Ann Louise Gittleman, M.S., C.N.S., Three Rivers Press, 1996, ISBN: 0-517-88653-7, (see recipes)
The Portion Teller, Lisa R. Young, Ph.D., R.D., Morgan Road Books, 2005, ISBN: 0-7679-2068-6
Fix-It and Forget-It Lightly, Healthy, Low-fat Recipes for Your Slow Cooker, Phyllis Pellman Good, Good Books, 2004, ISBN: 1-56148-431-8 (Pbk), ISBN: 1-56148-432-6 (plastic comb)
The New Mayo Clinic Cookbook, Mayo Clinic, Oxmoor House, ISBN: 0-8487-2758-4
The Grilling Encyclopedia, A. Cort Sinnes, Atlantic Monthly Press, 1992, ISBN: 0-87113-563-9, (see recipes)
Cooking A to Z, The Complete Culinary Reference Source, Cole Group Inc., 1997, ISBN: 1-56426-577-3
Visual Food Encyclopedia, Quebec/Amerique International., 1996, ISBN: 0-02-861006-7
Fish, Mark Bittman, Macmillan, 1994, ISBN: 0-02-510775-5, (see recipes)
The Indoor Grilling Cookbook, Fog City Press, 2001, ISBN: 1-892374-53-6
The Great Chili Book, Mark Miller, Ten Speed Press, 1991, ISBN: 0-89815-428-6
The Great Salsa Book, Mark Miller, Ten Speed Press, 1994, ISBN: 0-89815-517-7
The New Food Lover's Companion, Sharon Tyler Herbst, Barron's, 2001, ISBN: 0-7641-1258-9
The New Food Lover's Tiptionary, Sharon Tyler Herbst, William Morrow, 2002, ISBN: 0-06-093570-7

TELEVISION PROGRAMS:

Healthy Cooking – FOOD TV

Speaking of Women's Health – Lifetime (LRW) features healthy recipes on occasion.