

Weight Control and Nutrition

Adult titles

- Critser, Greg
[Fat Land: How Americans Became the Fattest People in the World](#) 362.196398 CRITSER
- Duyff, Roberta Larson
[American Dietetic Association Complete Food and Nutrition Guide](#) 613.2 DUYFF
- Ehrlich, Caryl
[Conquer Your Food Addiction](#) 616.8526 EHRLICH
- Greene, Bob (Bob W.)
[Get With the Program: Getting Real About Your Health, Weight, and Emotional Well-being](#) 613.7 GREENE
- Hastings, John
[ChangeOne: The Breakthrough 12-Week Eating Plan](#) 613.25 HASTINGS
- Hill, James O.
[Step Diet Book: Count Steps, Not Calories, to Lose Weight](#) 613.712 HILL
- Jackowski, Edward
[Escape Your Weight: How To Win at Weight Loss](#) 613.25 JACKOWSKI
- Jacobson, Michael F.
[Restaurant Confidential](#) 613.2 JACOBSON
- Katz, David L.
[Way to Eat: a Six-Step Path to Lifelong Weight Control](#) 613.2 KATZ
- Leach, Susan Maria
[Before and After: Living and Eating Well After Weight Loss Surgery](#) 362.196398 LEACH
- McGowan, Mary P.
[Gastric Bypass Surgery](#) 617.43 MCGOWAN
- McGraw, Phil
[Ultimate Weight Solution: the 7 Keys to Weight Loss Freedom](#) 613.7 MCGRAW

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Nonas, Cathy Outwit Your Weight	613.25 NONAS
Peeke, Pamela Fight Fat After Forty	613.7045 PEEKE
Rinzler, Carol Ann Nutrition for Dummies	613.2 RINZLER
Rolls, Barbara Volumetrics Weight-Control Plan	613.25 ROLLS
Sanders, Lisa Perfect Fit Diet	613.25 SANDERS
Schwartz, Erika Teen Weight Loss Solution	613.2508352 SCHWARTZ
Shapiro, Howard M. Dr. Shapiro's Picture Perfect Weight Loss 30 Day Plan	613.25 SHAPIRO
Spangle, Linda Life is Hard, Food is Easy	613.25019 SPANGLE

Books for and about children

Berg, Francie M. Underage & Overweight	618.92398 BERG
Gordon, Melanie Apel Let's Talk About Being Overweight	E 616.398 GORDON
Pitman, Teresa Overweight Child: Promoting Fitness and Self-Esteem	618.92398 PITMAN
Rimm, Sylvia Rescuing the Emotional Lives of Overweight Children	618.923980019 RIMM
Smith, J. Clinton Understanding Childhood Obesity	618.92398 SMITH

Sothorn, Melinda
[Trim Kids](#)

613.7042 SOTHERN

Thompson, Colleen A.
[Overcoming Childhood Obesity](#)

618.92398 THOMPSON

Websites

America On The Move

www.americaonthemove.org

American Dietetic Association

www.eatright.org

International Food Information Council

www.kidnetic.com

Nutrition Navigator: A Rating Guide to Nutrition Websites

<http://navigator.tufts.edu>

Shape Up America!

www.shapeup.org

Smart-Mouth

<http://cspinet.org/smartmouth>

Teen Health

www.teenshealth.org

Videos

Ambandos, Andrea
[7-Day Solution](#)

VC 613.71 7:DAY

Ambandos, Andrea
[Prevention Fitness Systems. Walk Your Way Slim](#)

DVD 613.7176 WALK YOUR

Austin, Denise
[Shrink Your Female Fat Zones](#)

DVD 613.71 SHRINK:YOU

LaRoche, Loretta
[Get a Life](#)

VC 613 GET:A:LIFE

Sansone, Leslie
[Leslie Sansone's Walk Away the Pounds](#)

DVD 613.7176 WALK:STRON

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