

# Good Nutrition Reading List

## Academy Publications

### ***The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, Fifth Edition***

by Roberta Larson Duyff, MS, RD, FAND, CFCS.  
Houghton Mifflin Harcourt, *Available Spring 2017.*

### ***Bits & Bytes: A Guide to Digitally Tracking Your Food, Fitness, and Health***

by Meagan F. Moyer, MPH, RDN, LD. Academy of Nutrition and Dietetics, 2016.

### ***Celiac Disease Nutrition Guide, Third Edition***

by Tricia Thompson, MS, RD. Academy of Nutrition and Dietetics, 2014.

### ***Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy, Second Edition***

by Elizabeth M. Ward, MS, RD. Academy of Nutrition and Dietetics, *Available Spring 2017.*

### ***If Your Child Is Overweight: A Guide for Parents, Fourth Edition***

by Susan M. Kosharek, MS, RD. Academy of Nutrition and Dietetics, 2016.

### ***Pocket Supermarket Guide, Fourth Edition***

by Mary Abbott Hess, MS, RD, FADA. Academy of Nutrition and Dietetics, 2014.

### ***Total Body Diet for Dummies®***

by Vicki Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics. Wiley & Sons, Inc., 2016.

## Nutrition and Lifestyle

### ***200 Surefire Ways to Eat Well & Feel Better***

by Dr. Judith Rodriguez, et al. Fair Winds Press, 2014.



### ***Blood Pressure Down: The 10-Step Plan To Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs***

by Janet Bond Brill, PhD, RD, LDN. Harmony Books, 2013.

### ***The Complete Idiot's Guide to: The TLC Diet***

by Diane Welland, MS, RD. Alpha, a Member of the Penguin Group (USA) Inc., 2013.

### ***Grocery Makeover: Small Changes for Big Results***

by Julie Feldman, MPH, RD. Spry Publishing LLC, 2013.

### ***Lose It For The Last Time***

by Amy Newman Shapiro, RD, CDN, CPT. Snewman Media, 2013.

### ***Obesity Prevention For Children: Before It's Too Late, A Program For Toddlers & Preschoolers***

by Alvin N. Eden, MD and Sari Greaves, RDN. Hatherleigh Press. 2016.

### ***The Overworked Person's Guide to Better Nutrition: Simple Steps You Can Take to Eat Well, Reduce Stress, and Improve Your Health***

by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, 2014.

### ***The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes***

by Natalie Digate Muth, MD, MPH, RDN, FAAP and Sally Sampson. American Academy of Pediatrics, 2016.

**Quinn-Essential Nutrition–The Uncomplicated Science of Eating**

by Barbara A. Quinn, MS, RD, CDE. WestBow Press, 2015.

**The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health**

by Becky Hand, RD, MEd and Stephanie Romine. HarperCollins, 2013.

**Too Busy to Diet. A Guide to smart nutrition when you're on the move**

by Jacqueline King, MS, RD, CDE, FADA and Monica Joyce, MS, RD, CDE . CreateSpace Independent Publishing Platform, 2015.

## Sports Nutrition

**Eat Like a Champion**

by Jill Castle, MS, RDN, CDN. AMACOM, 2015.

**Endurance Sports Nutrition, Third Edition**

by Suzanne Girard Eberle, MS, RDN, CSSD. Human Kinetics, 2014.

**Nancy Clark's Sports Nutrition Guidebook, Fifth Edition**

by Nancy Clark, MS, RD. Human Kinetics, 2014.

## Diabetes

**21 Things You Need to Know About Diabetes and Your Heart**

by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, Inc., 2015.

**Diabetes Meal Planning and Nutrition for Dummies®**

by Toby Smithson, RDN, CDE and Alan L. Rubin, MD. John Wiley & Sons, Inc., 2014.

**Diabetes Meal Planning Made Easy, Fifth Edition**

by Hope S. Warshaw, MMSC, RD, CDE. American Diabetes Association, 2016

**People With Diabetes Can Eat Anything: It's All About Balance**

by Jane K. Dickinson, RN, PhD. Media 117, 2013.

**The Pre-Diabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise**

by Hillary Wright, M.Ed, RD. Ten Speed Press, 2013.

**The Guide to Eating Healthy in Any Restaurant: Eat Out, Eat Well**

by Hope S. Warshaw, MMSc, RD, CDE. American Diabetes Association, Inc., 2015.

**What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes, 2nd Edition**

by Tami A. Ross, RDN, LD, CDE, MLDE and Patti B. Geil, MS, RDN, CDE, MLDE, FAND, FAADE. American Diabetes Association, Inc., 2015.

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This is not a comprehensive list, and inclusion does not represent endorsement by the Academy of Nutrition and Dietetics or its Foundation.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research education and advocacy.

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