

## ADULT NUTRITION BOOKS

| TITLE   | AUTHOR   |
|---|--|
| <b>A Dietitian's Cancer Story</b>   | Diana Dyer, M.S., R.D.   |
| <b>All New Fat-Fighting Foods: Low-Fat Foods for a Healthier You</b>                              | Susan Male Smith, M.A., R.D., Editor   |
| <b>ConsumerLab.com's Guide to Buying Vitamins &amp; Supplements: What's Really in the Bottle?</b> | Edited by Tod Cooperman, MD., William Obermeyer, Ph.D. and Denise Webber, R.D., Ph.D                           |
| <b>Mr. Food Every Day's a Holiday Diabetic Cookbook</b>   | Art Ginsburg, Mr. Food. Published by the American Diabetes Association   |
| <b>Super Nutrition after 50</b>   | Denise Webb, Ph.D., Associate Editor and Elizabeth Ward, M.S., R.D.  |
| <b>Teenage Fitness, Get Fit, Look Good, Feel Great</b>  | Kathy Kaehler with Connie Church; Harper Collins Publishers, Copyright 2001. Also authored Real World Fitness) |
| <b>The Bone Density Program</b>   | George Kessler, D.O., P.C., attending physician at the New York Presbyterian Hospital                          |
| <b>The Everything Nutrition Book</b>  | George Kessler, D.O., P.C., attending physician at the New York Presbyterian Hospita                           |
| <b>The Everything Nutrition Book (Boost Energy, Prevent Illness, and Live Longer)</b>             | Kimberly A. Tessmer, R.D., LD; Adams Media Corporation-publisher   |
| <b>The Harvard Guide to Women's Health</b>  | Karen J. Carlson, MD., Stephanie A. Eisenstat, MD. and Terra Ziporyn, Ph.D.                                    |
| <b>The Origin Diet</b>  | Elizabeth Somer, M.A., R.D   |
| <b>What Color Is Your Diet?</b>   | David Heber, MD., Ph.D, Director, UCLA Center for Human Nutrition and cancer expert                            |