

# Nutrition & Wellness Pathfinder

*Begin your research at the Anoka Ramsey Coon Rapids Library (not a comprehensive guide)*

## Library of Congress Classification:

**HD** Land, agriculture, industry  
**QP** Physiology  
**QR** Microbiology  
**R** Medicine (General)  
**RA** Public aspects of medicine  
**RX** Homeopathy  
**RZ** Other systems of medicine  
**S** Agriculture (General)  
**SB** Plant culture  
**SD** Forestry  
**SF** Animal culture  
**SH** Aquaculture, fisheries, fishing  
**SK** Hunting

## Keyword/Subject Terms:

Alternative health care	Holistic health
Antioxidants	Malnutrition
Aspartame	Nutrition
Diabetes	Nutritive value
Diet therapy	Obesity in children / adolescents
Dietary supplements	Protein diet
Eating disorders	Vegetarianism
Food additives	Vitamins / Minerals
Food allergy	Weight loss -- Health risks
Food biotechnology	
Food toxicity	

## Journals (Magazines) in print:

Alternative Therapies in Health (current 5 years)  
American Journal of Public Health (1992-2001 on microfilm)  
Consumer Reports (1963-2001 on microfilm; as of 2002, current 10 years in print)  
Cumulative Index to Nursing (1980-1994 in print)  
Allied Health Literature - CINAHL (1937-current online via EBSCO)  
Health (7/81-2000 on microfilm; current 5 years print)  
JAMA: Journal of American Medical Assoc. (1980- current)  
Journal of Nutrition Education (11/2000- current)  
New England Journal of Medicine (1989-current)  
Nutrition Today (current 5 years)

## Websites:

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

- Documents based in nutrition science and expertise in the area of dietary guidelines.

<http://www.usa.gov/Citizen/Topics/Health.shtml>

- Comprehensive website for government statistics.

[http://www.nutrition.gov/nal\\_display/index.php?info\\_center=11&tax\\_level=1&tax\\_subject=382](http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=382)

- A service of the National Agricultural Library, USDA.

<http://www.healthcentral.com/>

- Physician established source

<http://www.healthfinder.gov/scripts/Topics.asp?letter=f>

- Your source for reliable health information

<http://www.webmd.com/food-recipes/default.htm>

- Webmed mission is to provide objective, trustworthy, and accurate health information

<http://www.healthy.net/index.asp>

- Alternative health information

[http://www.ars.usda.gov/main/site\\_main.htm?modecode=12354500](http://www.ars.usda.gov/main/site_main.htm?modecode=12354500)

- Nutrient Data Laboratory at USDA

[http://nativeharvest.com/winona\\_laduke](http://nativeharvest.com/winona_laduke)

- White Earth Land Recovery Project. Here you can find the latest news on WELRP's programs, collected essays by founding director Winona LaDuke