

HFE 250 – NUTRITION FOR WELLNESS: NUTRITION ACROSS THE LIFESPAN

Reference Sources

Reference Sources can focus your topic by giving you a concise overview, background information, facts and statistics, definitions and correct spellings. The reference titles below are located in the Reference Stacks in the MCC Library.

Call Number	Title
REF QP141.B523	CRC Desk Reference for Nutrition
REF QP141.D529	Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids
REF QP141.D75	DRI, Dietary Reference Intakes: The Essential Guide to Nutrient Requirements
REF QP141.E539	Encyclopedia of Human Nutrition
REF QP141.H345	Handbook of Nutrition and Food
REF QP 141.H4.D548	Diet and Nutrition Sourcebook
REF R111.H4.F53	Fitness and Exercise Sourcebook
REF RA778.C2164	The New Harvard Guide to Women's Health
REF RA778.E5825	Encyclopedia of Women's Health
REF RA784.D89	American Dietetic Association Complete Food and Nutrition Guide
REF RA784.N837	Nutrition Almanac
REF RA784.N838	Nutrition and Well-Being A to Z
REF RA784.R646	Encyclopedia of Nutrition and Good Health
REF RC81.A2.E5	Encyclopedia of Family Health
REF RC952.5.E58	Encyclopedia of Gerontology
REF RC952.5.H344	Handbook of Clinical Nutrition and Aging
REF RC1206.O355	The A to Z of Sports Medicine
REF RJ26.G35	Gale Encyclopedia of Children's Health
REF RM217.B75	Internet Guide to Medical Diets and Nutrition
REF RM258.57.T35	The Health Professional's Guide to Dietary Supplements
REF TX349.B4115	A Dictionary of Food and Nutrition
REF TX551.N399	Complete Book of Food Counts
REF TX551.P385	Bowes & Church's Food Values of Portions Commonly Used

Reference Databases

Reference Databases provide similar information as the print reference sources above. They can be accessed electronically from the [MCC Library homepage](#) under Reference Databases. For remote access, click on the [Off Campus Access Menu](#).

Database Name	Description
Credo Reference	full-text online reference service with hundreds of

This guide has been prepared by the MCC reference librarians to assist you with research for your class. If you need further assistance, please consult with a librarian. <http://mchenry.edu/library>

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	well-regarded titles from some of world's the best reference publishers
Gale Virtual Reference Library	database of encyclopedias and specialized reference sources for multi-disciplinary research; see subject encyclopedias under Medicine
Oxford Reference Online/Medicine Category	a cross-searchable database of reference works from Oxford University Press; see Subject Reference: Medicine
Salem Health	online access to Salem Press' award-winning health reference works

Article Databases

Periodicals consist of popular magazines, newspapers, trade and scholarly journals. To learn about the differences in periodicals refer to Researching Periodicals on the Class Handouts page. All of these resources can be located from the [MCC Library homepage](#) under Article Databases. For remote access, click on the [Off Campus Access Menu](#).

Database Name	Description
Academic Search Premier	multi-disciplinary database provides full text for more than 4,500 journals
Article First	index of articles, many full text
CINAHL	most comprehensive source of full text for nursing & allied health journals
Health Source Consumer	collection of consumer health information
Health Source Nursing	provides nearly 550 scholarly full text journals focusing on many medical disciplines
MEDLINE	index that includes all areas of medicine, including dentistry and nursing
ProQuest	multi-disciplinary full-text database
PsycARTICLES	from the American Psychological Association (APA), is a definitive source of full-text, peer-reviewed scholarly and scientific articles in psychology

Access these databases at the URLs provided:

BioMed <i>Publisher of 187 peer-reviewed open access journals</i>	www.biomedcentral.com
PubMed	www.ncbi.nlm.nih.gov/pubmed/
Web Search Tool	Description
www.scirus.com	The most comprehensive scientific search engine on the web. Includes access to full-text journal articles in BioMed

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Central and PubMed Central.

Sample Searches

Keyword Searches

- ✓ aging and health
- ✓ nutrition and elderly
- ✓ lactation and nutrition
- ✓ nutrition and development

Subject Searches

- ✓ nutritional sciences
- ✓ nutrition physiology
- ✓ dietetics
- ✓ health promotion

Internet Sources

Remember to carefully evaluate information found on the Internet. Unlike most traditional print sources, Internet sources may not go through any review process before the information is made available to the public.

Web Site	Address
Nursing and Medical links	http://www.mchenry.edu/library/SitesbySubjectnew/nursinglinks.html
American Council for Fitness and Nutrition	www.acfn.org
American Dietetic Association	www.eatright.org
American Society for Nutrition	www.nutrition.org
Food and Nutrition Information Center	http://fnic.nal.usda.gov
Kidsnutrition.org	www.kidsnutrition.org
Life Span Nutrition	www.oznet.k-state.edu/humannutrition/nutlink/life.htm
Medline Plus	www.medlineplus.gov
National Institutes of Health	www.nih.gov
Nutrition Analysis Tool 2.0	www.nat.uiuc.edu/mainnat.html
Nutrition Source	www.hsph.harvard.edu/nutritionsource/
Nutrition.gov	www.nutrition.gov

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