

# HFE 250 – NUTRITION FOR WELLNESS: FAD DIETS

## PROGRAM EXPLANATION AND HISTORY

### Types of Sources: Books, Websites

BOOKS	
<u>Selected Reference Titles</u>	<u>Call Number</u>
Encyclopedia of Nutritional Supplements	REF QP771.M87
Diet and Nutrition Sourcebook	REF R111.H4.D548
Encyclopedia of Obesity	REF RC628.E53
Diets and Dieting: A Cultural Encyclopedia	REF RM214.5.G55
Encyclopedia of Diet Fads	REF RM222.2.B535
The Health Professional's Guide to Dietary Supplements	REF RM258.57.T35
<u>Selected Reserve Titles</u>	<u>Call Number</u>
The South Beach Diet Heart Program	RC685.C6.A43
Dr. Dean Ornish's Program for Reversing Heart Disease	RC685.C6.O75
Obesity Surgery	RD540.S96
A Complete Guide to Obesity Surgery	RD540.W66
Atkins for Life	RM237.73.A827
The South Beach Diet	RM222.2.A35
Dr. Atkins' New Diet Revolution	RM222.2.A843
The No-Beach, No-Zone, No-Nonsense Weight-Loss Plan	RM222.2.J555
Dieting for Dummies	RM222.2.K544

SEARCH STRATEGIES FOR LIBRARY CATALOG	
<u>Keyword Searches</u>	<u>Subject Searches</u>
fad diets	reducing diets
obesity surgery	low carbohydrate diet
weight loss	appetite depressants

REFERENCE E-BOOKS	
<a href="#">The Gale Encyclopedia of Diets [electronic resource] : A Guide to Health and Nutrition</a>	Available via Gale Virtual Reference Library. Click here for <a href="#">off campus access</a> .
<a href="#">Salem Health Magill's Medical Guide</a>	e-book version of Magill's Medical Guide. Click here for <a href="#">off campus access</a> .

WEBSITES	
Atkins Official Website	<a href="http://www.atkins.com">www.atkins.com</a>
Diet Pills – Overview	<a href="http://www.enotes.com/drugs-substances-encyclopedia/diet-pills/overview">www.enotes.com/drugs-substances-encyclopedia/diet-pills/overview</a>
Preventive Medicine Research Institute	<a href="http://www.pmri.org">www.pmri.org</a>
South Beach Diet	<a href="http://www.southbeachdiet.com">www.southbeachdiet.com</a>
Weight Watchers	<a href="http://www.weightwatchers.com">www.weightwatchers.com</a>
Weight Loss Surgery: MedlinePlus	<a href="http://www.nlm.nih.gov/medlineplus/weightlosssurgery.html">www.nlm.nih.gov/medlineplus/weightlosssurgery.html</a>

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## COST

**Types of Sources: Articles, Websites**

### SEARCH STRATEGIES FOR DATABASES & SEARCH ENGINES

weight loss and food and cost

obesity surgery and cost

obesity and drug therapy and cost

### ARTICLE DATABASES

[EBSCO](#) Click here for [off campus access](#).

Select ALL the following databases: [Academic Search Premier](#), [Health Source Consumer](#), [Health Source Nursing](#), and [CINAHL](#)

[Scirus](#) (www.scirus.com)

Free science search engine with access to full-text scholarly articles in [BioMed Central](#), and [PubMed Central](#)

[HighWire](#) (highwire.stanford.edu)

Free online full-text science articles

[Google Scholar](#) (scholar.google.com)

Limited access to free scholarly articles

### WEBSITES

Diet Pill Review [www.consumersearch.com/diet-pills/review](http://www.consumersearch.com/diet-pills/review)

Weight Loss Programs Review [www.consumersearch.com/weight-loss-programs/review](http://www.consumersearch.com/weight-loss-programs/review)

Weighing Mass Market Diet Programs' Costs [www.cbsnews.com/stories/2010/01/08/earlyshow/living/ConsumerWatch/main6070960.shtml](http://www.cbsnews.com/stories/2010/01/08/earlyshow/living/ConsumerWatch/main6070960.shtml)

## HEALTH EFFECTS AND EVALUATION

**Types of Sources: Articles**

### SEARCH STRATEGIES FOR DATABASES & SEARCH ENGINES

weight loss programs and effectiveness

fad diets and health

diet pills and effectiveness

obesity surgery and evaluation

name of diet, such as "atkins diet"

type of diet, such as "low carbohydrate diet"

### ARTICLE DATABASES

[EBSCO](#) Click here for [off campus access](#).  
(For best results, limit searched to peer reviewed and full-text)

Select ALL the following databases: [Academic Search Premier](#), [Health Source Consumer](#), [Health Source Nursing](#), and [CINAHL](#)

[Scirus](#) (www.scirus.com)

Free science search engine with access to full-text scholarly articles in [BioMed Central](#), and [PubMed Central](#)

[HighWire](#) (highwire.stanford.edu)

Free online full-text science articles

[Google Scholar](#) (scholar.google.com)

Limited access to free scholarly articles