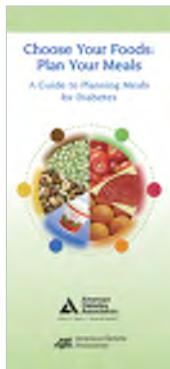


## NEW BOOKS AND RESOURCES



### Get Moving! How to Start an Exercise Plan

American Dietetic Association 2009  
This client education brochure covers physical activity basics, features tips on starting an exercise plan and provides encouragement for clients to get and stay motivated. Also includes current national fitness guidelines and discussion of how nutrition and exercise work together.  
More info: [eatright.org/catalog](http://eatright.org/catalog)



### Choose Your Foods: Plan Your Meals (English and Spanish editions)

American Dietetic Association and American Diabetes Association 2009  
This client education brochure introduces meal planning for people newly diagnosed with diabetes. Includes tips for using a plate to plan breakfasts, lunches, dinners and snacks. Features a meal planner that can be personalized for the client.  
More info: [eatright.org/catalog](http://eatright.org/catalog)



### Nutrition and Addictions: A Guide for Professionals

By Anne S. Hatcher, EdD, RD, CACIII, NCACII  
Behavioral Health Nutrition DPG 2008  
This text covers effects of each substance of abuse on nutritional health, nutritional needs during withdrawal and recovery, a glossary of addiction terminology and patient education handouts.  
More info: [bhndpg.org/publications](http://bhndpg.org/publications)

### Quick & Healthy Recipes and Ideas: For people who say they don't have time to cook healthy meals, 3rd ed.

By Brenda J. Ponichtera, RD  
Small Steps Press 2008  
This latest edition includes more than 200 recipes, 20 weeks of meal plans, grocery lists, cooking tips, food exchanges and general nutrition information.  
More info: [QuickandHealthy.net](http://QuickandHealthy.net)

### The Real Life Guide to Diabetes: Practical Answers to Your Diabetes Problems

By Hope Warshaw, MMSc, RD, CDE, BC-AD, and Joy Pape, RN, BSN, CDE, WOCN, CFCN  
American Diabetes Association 2009  
In addition to basic information about diabetes and self-care, this title dispels misconceptions about diabetes, identifies warning signs for dangerous lifestyle behaviors and includes checklists for tracking regular tests and more.  
More info: [store.diabetes.org](http://store.diabetes.org)

### Guideline on Gestational Diabetes

Within this guideline, you will find nutrition recommendations related to gestational diabetes mellitus on medical nutrition therapy, caloric intake for overweight/obese women with GDM, carbohydrate intake, protein and fat intake, blood glucose monitoring, promotion of breast feeding, pharmacological therapy for treatment of GDM and weight loss after delivery.  
More info: [adaevidencelibrary.com](http://adaevidencelibrary.com)

### National Collaborative on

**Childhood Obesity Research**  
An initiative of the Centers for Disease Control and Prevention, the National Institutes of Health and the Robert Wood Johnson Foundation—three of the country's leading research funders—aims to accelerate progress on reversing the epidemic of overweight and obesity among U.S. youth. View Webinar series and other tools.  
More info: [nccor.org](http://nccor.org)

### New Grants Available for RDs to Help Fight Hunger

Quaker is awarding "Go Grants" to help RDs fight hunger and educate people about the importance of nutrition in their communities.  
More info: [quakeroats.com/gohumansgo](http://quakeroats.com/gohumansgo)

### Web Resource Adds Gluten-Free Restaurant Menus Section

Designed to help people on gluten-free diets find national and regional restaurants that offer gluten-free items on their menu, this new section of Gluten Free Travel Site also benefits restaurants who are accommodating the fast-growing celiac community.  
More info: [glutenfreetravelite.com](http://glutenfreetravelite.com)

### Video Campaign Shows Critical Role of Public Health in America

The American Public Health Association is launching Healthiest Nation in One Generation, a new video campaign illustrating how investments in public health can dramatically improve health outcomes in the span of one generation. More info: [generationpublichealth.org](http://generationpublichealth.org)

### "The Heart Truth" Campaign Extends ADA Heart-Healthy Tips and Exposure of RDs

Check out consumer-friendly nutrition resources on the risks and prevention of heart disease and information about the National Heart, Lung and Blood Institute's "The Heart Truth" campaign. New brochures produced by The Coca-Cola Company and distributed to physicians' offices, hospitals and office cafeterias across the country feature heart-healthy tips from ADA and promote the services of an RD. In addition, "The Heart Truth" road show made stops at shopping malls, enlisting local RDs to provide dietary consultations and heart health tips and recipes to attendees.  
More info: [eatright.org/healthyheart](http://eatright.org/healthyheart)

### Food and Nutrition Blog Targeting Latino Community

The Latino Nutrition Coalition has launched a new blog, "Sarita's Kitchen," which features recipes, news pieces and ideas on how to improve your health with Latin flare. The blog is part of the LNC's plan for building a strong online community. A new study by Burson-Marsteller revealed that Latinos are online more time, 30 hours a week, compared to the general market's 25 hours a week. The LNC is an Oldways' educational program inspiring Latinos to improve and maintain their health through traditional foods and active lifestyle.  
More info: [latinonutrition.org](http://latinonutrition.org)