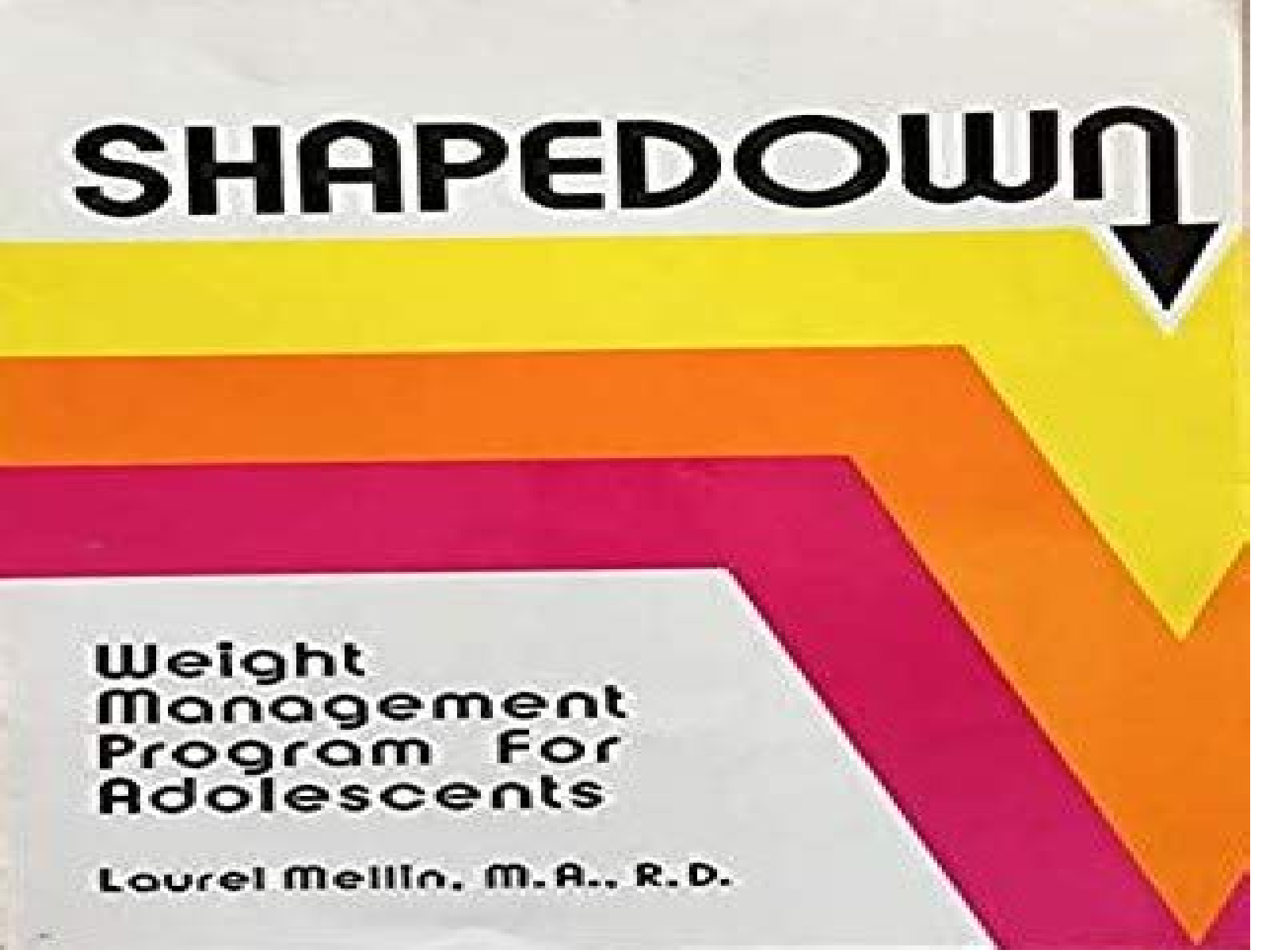


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**Weight
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Laurel Mellin, M.A., R.D.

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Jianjun Gao



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Adolescent Nutrition Vaughn I. Rickert, 1996 A comprehensive reference that focuses on the nutritional requirements that are unique to adolescent development 12-21 years clinically useful assessment strategies and management strategies to enhance the nutritional status of adolescents Sections cover general issues and developmental factors such as exercise and contraception competitive athletics diets psychosocial concerns including body image and behavior change chronic illness including HIV and AIDS and nutritional assessment and management strategies for surgical procedures including organ transplants and plastic surgery A case illustration in every chapter summarizes clinical considerations Annotation copyright by Book News Inc Portland OR Journal of the American Dietetic Association, 2001 *Nutrition Education Materials & Audiovisuals for Grades 7 Through 12* Shirley K. Evans, 1998-02 This publication has been prepared for educators interested in nutrition education materials audiovisuals and resources for classroom use Items listed in this publication cover topics including general nutrition food preparation food science and dietary management Teaching materials listed include food models audiovisuals games kits videocassettes and lesson plans Resources for adults are also listed Textbooks and resources are listed to assist with background information Each item includes title author publisher year of publication call number and a brief summary Over 200 items are listed **Special Reference Briefs**, 1983 Nutrition Education Materials and Audiovisuals for Grades 7-12 Shirley King Evans, 1993 **Nutrition Education Materials and Audiovisuals for Grades 7 Through 12**, 1996 **Nutrition and Fitness Manual** Ryerson Polytechnical Institute. Library. Nutrition Information Service, 1983 Intended for use by fitness instructors coaches nutritionists and other program leaders this five section manual covers topics ranging from curriculum guides for elementary school children to dietary regimes used by professional athletes The role of nutrients and the use of Canada's Food Guide are reviewed briefly in the first section Relationships between nutrition and fitness related lifestyle factors and health status are summarized in section 2 The third section provides an overview of energy balance as it specifically relates to weight control diet and exercise are considered The effects of nutrition on athletic performance are examined in section 4 Each of these four sections is referenced and supplemented by recommended reading lists The fifth section provides additional recommended background references Material is classified by the type of resource curriculum guides teaching aids and audiovisuals periodicals and organizations JD **Nutrition Education Materials and Audiovisuals for Grades 7 Through 12** Shirley King Evans, 1994 **Book Publishers Directory**, 1983 *The Nutritional Ages of Women* Patricia J. Long, 1987-04 This personalized approach to nutrition for all women contains recommendations on everything from caffeine and alcohol to body image and vitamin supplements Featuring reference charts menu tips recipes and time savers plus comprehensive sections on fitness beauty and disease prevention Should become a shared resource for mother daughter and grandmother **Shapedown** Laurel Mellin, 1980 Child and Adolescent Obesity Prevention, 2001 Publishers Directory, 1989 UCSF News University of California, San

Francisco,1983 **The Prevention of Child and Adolescent Obesity in Iowa** ,2000 Diets that Work Deralee
Scanlon,Larry Strauss,1992 This book evaluates popular weight loss programs 48 with the idea that each dieter must take
responsibility for fitting a healthy practical diet into his her lifestyle and usual eating habits The author provides an overview
how the diet works nutritional evaluation cost practicality and lifestyle modificaitons needed *UCSF Magazine* ,1982
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