

Good Nutrition Reading List

Academy Publications

The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, Fifth Edition by Roberta Larson Duyff, MS, RD, FAND, CFCS. Houghton Mifflin Harcourt, 2017.

Bits & Bytes: A Guide to Digitally Tracking Your Food, Fitness, and Health by Meagan F. Moyer, MPH, RDN, LD. Academy of Nutrition and Dietetics, 2016.

Celiac Disease Nutrition Guide, Third Edition by Tricia Thompson, MS, RD. Academy of Nutrition and Dietetics, 2014.

Diabetes Guide to Enjoying Foods of the World by Constance Brown-Riggs, MEd, RDN, CDE, CDN; and Jessica Jones, MS, RDN, CDE, Academy of Nutrition and Dietetics, 2017.

Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy, Second Edition by Elizabeth M. Ward, MS, RD. Academy of Nutrition and Dietetics, 2017.

Food & Fitness After 50: Eat Well, Move Well, Be Well by Christine Rosenbloom, PhD, RDN, FAND, and Bob Murray, PhD, FACSM, Eatright Press, 2017.

If Your Child Is Overweight: A Guide for Parents, Fourth Edition by Susan M. Kosharek, MS, RD. Academy of Nutrition and Dietetics, 2016.



Pocket Supermarket Guide, Fourth Edition by Mary Abbott Hess, MS, RD, FADA. Academy of Nutrition and Dietetics, 2013.

Real Solutions Weight Loss Workbook, 2nd Ed. by Toni Piechota, MS, MPH, RDN, Academy of Nutrition and Dietetics, 2015.

Six Factors to Fit: Weight Loss that Works for You! by Robert F. Kushner, MD; Nancy Kushner, MSN, RN; Dawn Jackson Blatner, RDN, Eatright Press, 2019.

Total Body Diet for Dummies® by Vicki Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics. Wiley & Sons, Inc., 2016.

Diabetes

21 Things You Need to Know About Diabetes and Your Heart by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, Inc., 2015.

Diabetes Meal Planning and Nutrition for Dummies® by Toby Smithson, RDN, CDE and Alan L. Rubin, MD. John Wiley & Sons, Inc., 2014.

Diabetes Meal Planning Made Easy, Fifth Edition by Hope S. Warshaw, MMSC, RD, CDE. American Diabetes Association, 2016

The Guide to Eating Healthy in Any Restaurant: Eat Out, Eat Well

by Hope S. Warshaw, MMSc, RD, CDE. American Diabetes Association, Inc., 2015.

Prediabetes: A Complete Guide, Your Lifestyle Reset to Stop Prediabetes and Other Chronic

Illnesses by Jill Weisenberger, MS, RDN, CDE, CHWC, FAND. American Diabetes Association. 2018

What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes, 2nd

Edition by Tami A. Ross, RDN, LD, CDE, MLDE and Patti B. Geil, MS, RDN, CDE, MLDE, FAND, FAAD. American Diabetes Association, Inc., 2015.

Nutrition and Lifestyle

200 Surefire Ways to Eat Well & Feel Better

by Dr. Judith Rodriguez, et al. Fair Winds Press, 2014.

Obesity Prevention For Children: Before It's Too Late, A Program For Toddlers &

Preschoolers by Alvin N. Eden, MD and Sari Greaves, RDN. Hatherleigh Press. 2016.

The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes

by Natalie Digate Muth, MD, MPH, RDN, FAAP and Sally Sampson. American Academy of Pediatrics, 2016.

Quinn-Essential Nutrition–The Uncomplicated Science of Eating

by Barbara A. Quinn, MS, RD, CDE. WestBow Press, 2015.

Too Busy to Diet. A Guide to Smart Nutrition When You're On the Move by Jacqueline King, MS, RD, CDE, FADA and Monica Joyce, MS, RD, CDE . CreateSpace Independent Publishing Platform, 2015.

Waste Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food

by Dana Gunders. Chronicle Books LLC, 2015.

Sports Nutrition

Eat Like a Champion by Jill Castle, MS, RDN, CDN. AMACOM, 2015.

Endurance Sports Nutrition, Third Edition by

Suzanne Girard Eberle, MS, RDN, CSSD. Human Kinetics, 2014.

Nancy Clark's Sports Nutrition Guidebook,

Fifth Edition by Nancy Clark, MS, RD. Human Kinetics, 2014.

This is not a comprehensive list, and inclusion does not represent endorsement by the Academy of Nutrition and Dietetics or its Foundation.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research education and advocacy.

This tip sheet is provided by:

| |
|--|
| |
|--|