

Nutrition 12  
Recommended Reading

*Eat Well* provides extensive recommendations for topic-specific resources. Below is a list of books that I frequently recommend in response to student interest. Most are on reserve in Rosenberg Library under this course and/or in general circulation at Rosenberg Library and/or Statler Library. If you view this syllabus on our course website, you will note that the book titles are hyperlinked to the library catalog.

- Barstow, Cynthia, [\*The Eco-Foods Guide\*](#), New Society Publishers, Canada, 2002.
- Basham, Patrick & Gio Gori and John Luik, [\*Diet Nation: Exposing the Obesity Crusade\*](#), The Social Affairs Unit, London, 2006.
- Campbell, T. Colin, [\*The China Study\*](#), Benbella Books, Dallas, 2005.
- Gaesser, Glenn, [\*Big Fat Lies\*](#), Gurze Books, Carlsbad, 2002.
- Hall, Ross Hume, [\*The Unofficial Guide to Smart Nutrition\*](#), IDG Books Worldwide, Foster City, 2000.
- Harding, Kate, and Marianne Kirby, *Lessons from the Fatosphere: Quit Dieting and Declare a Truce With Your Body*, Perigree Books, 2009.
- Kolata, Gina, [\*Rethinking Thin: The New Science of Weight Loss - and the Myths and Realities of Dieting\*](#), Farrar, Straus and Giroux, New York, 2007.
- Lappe, Anne, and Bryant Terry, [\*Grub: Ideas for an Urban Organic Kitchen\*](#), Penguin Group, London, 2006.
- Matz, Judith, and Ellen Frankel, *The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-care*, SourceBooks, Naperville, IL, 2006.
- Move-On.Org, [\*50 Ways to Love Your Country. How to Find Your Political Voice and Become a Catalyst for Change\*](#), Inner Ocean Publishing, 2004.
- Nestle, Marion, [\*Food Politics\*](#). University of California Press, Berkeley, 2002.
- Nestle, Marion, [\*What to Eat\*](#), North Point Press, New York, 2006.
- Oliver, J. Eric, [\*Fat Politics: The Real Story Behind America's Obesity Epidemic\*](#), Oxford University Press, New York, 2006.
- Pollan, Michael, *In Defense of Food: An Eater's Manifesto*, Penguin Group, New York, 2008.
- Pollan, Michael, [\*The Omnivore's Dilemma\*](#), Penguin Group, London, 2006.
- Robbins, John, [\*The Food Revolution: How Your Diet Can Help Save Your Life and the World\*](#), Conari Press, Berkeley, 2001.
- Schlosser, Eric, [\*Fast Food Nation\*](#), Houghton Mifflin Company, New York, 2001.
- Simon, Michele, [\*Appetite for Profit: How the Food Industry Undermines our Health and How to Fight Back\*](#), Nation Books, New York, 2006.
- Tribole, Evelyn & Elyse Resch. [\*Intuitive Eating\*](#), St. Martin's Griffin, New York, 2003.
- Wann, Marilyn, [\*Fat!So?: Because You Don't Have to Apologize For Your Size\*](#), Ten Speed Press, Berkeley, 1998.