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Nutrition Nibbles

Your Savvy Summer Reading List

Were you ever handed a summer reading list in school? You know, that dreaded list of books to read during your long, glorious break that you were then tested on when you returned to school in the fall? While these days I refuse to read anything that is not going to add to my life in some way, I do use the summer months to brush up on professional books and articles that my clients might enjoy. I scientifically polled my colleagues (thanks Facebook post!) to see what resources they recommend and used their input to form my own nutrition and health summer reading (and listening) list. Who's going to join me?

For the Nutrition Enthusiast:

- ***Slim by Design: Mindless Eating Solutions for Everyday Life* by Brian Wansink, PhD.** Rework your eating environment (home and work) and change your habits (dining out and grocery shopping) to mindlessly slim your waistline and improve the nutrient content of your diet.
- ***Nutrition Diva Podcast* by Monica Reinagel, MS, LD/N.** Listen in on the latest nutrition news and sort through diet fact and fiction with these science-backed, insightful podcasts. You can read them too! <http://www.quickanddirtytips.com/nutrition-diva>

Create a Healthier Relationship with Food:

- ***Intuitive Eating, 3rd ed.* by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD.** This book guides you inward, encouraging you to move away from restrictive diets towards a healthier, all-inclusive, satisfying way of nourishing your body.
- ***Eat What You Love, Love What You Eat: How to Break the Eat-Repent-Repeat Cycle* by Michelle May, MD.** Learn how to stop fearing food and discover how to joyfully eat instead. Create a peaceful relationship with food and your body.

A More Plant-Based Approach:

- ***Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, rev ed.* by Joel Fuhrman, M.D.** While this title sounds somewhat gimmicky, my colleague assures me that it encourages moving toward a more plant-based diet in an attractive, non-preachy way.
- ***The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease and Add Years to Your Life* by Dawn Jackson Blatner, RD, LDN.** Learn to eat a more plant-based diet in a way that flexes with your lifestyle and taste preferences.

For the Active Individual:

- ***Nancy Clark's Sports Nutrition Guidebook, 5th ed* by Nancy Clark, MS, RD.** Eat for an active lifestyle, improve your sports performance, boost your energy and improve your health with this dietitian's easy-to-read guidebook.

Enjoy reading this summer! Don't worry, there won't be a test on this material in the fall!

**Questions or Comments? Email me at
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