

# Good Nutrition Reading List

## Academy Publications

**American Dietetic Association Complete Food and Nutrition Guide, Fourth Edition**  
by Roberta Larson Duyff, MS, RD, FADA, CFCS. Wiley & Sons, Inc., 2012.

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

**Healthy Eating, Healthy Weight for Kids and Teens**  
by Jodie Shield, MEd, RD and Mary Catherine Mullen, MS, RD. Academy of Nutrition and Dietetics, 2012.

**Pocket Supermarket Guide, Fourth Edition**  
by Mary Abbott Hess, MS, RD, LHD, LDN, FADA. Academy of Nutrition and Dietetics, 2014.

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

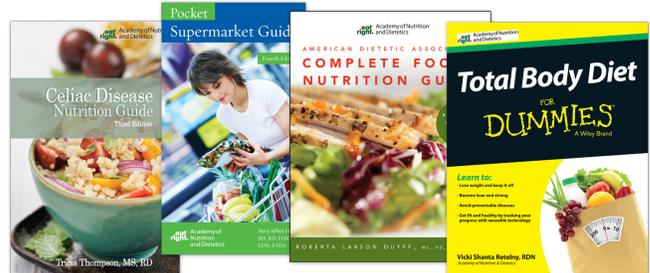
## Nutrition and Lifestyle

**200 Surefire Ways to Eat Well & Feel Better**  
by Dr. Judith Rodriguez, et al. Fair Winds Press, 2014.

**Blood Pressure Down: The 10-Step Plan To Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs**  
by Janet Bond Brill, PhD, RD, LDN. Harmony Books, 2013.

**The Complete Idiot's Guide to: The TLC Diet**  
by Diane Welland, MS, RD. Alpha, a Member of the Penguin Group (USA) Inc., 2013.

**The DASH Diet for Weight Loss**  
by Thomas J. Moore, MD and Megan C. Murphy, MPH and Mark Jenkins. Free Press, A Division of Simon & Schuster, Inc., 2012.



**Eating Hints Before, During, and After Cancer Treatment: Support for People with Cancer**  
by National Cancer Institute, National Institutes of Health, and U.S. Department of Health and Human Services, 2012.

**Food Fights, Second Edition**  
by Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP. American Academy of Pediatrics, 2012.

**Grocery Makeover: Small Changes for Big Results**  
by Julie Feldman, MPH, RD. Spry Publishing LLC, 2013.

**How to Teach Nutrition to Kids, 4th Edition**  
by Connie Liakos Evers, MS, RD. 24 Carrot Press, 2012.

**Lose It For The Last Time**  
by Amy Newman Shapiro, RD, CDN, CPT. Snewman Media, 2013.

**Nutrition: What Every Parent Needs to Know, 2nd Edition**  
by William H. Dietz, MD, PhD, FAAP and Loraine Stern, MD, FAAP, Editors. American Academy of Pediatrics, 2012.

**The Overworked Person's Guide to Better Nutrition: Simple Steps You Can Take to Eat Well, Reduce Stress, and Improve Your Health**  
by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, 2014.

**Quinn-Essential Nutrition –The Uncomplicated Science of Eating**  
by Barbara A. Quinn, MS, RD, CDE. WestBow Press, 2015.

***The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health***

by Becky Hand, RD, MEd and Stephanie Romine. HarperCollins, 2013.

***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.

## 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.

## 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.

***People With Diabetes Can Eat Anything: It's All About Balance***

by Jane K. Dickinson, RN, PhD. Media 117, 2013.

***The Pre-Diabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise***

by Hillary Wright, M.Ed, RD. Ten Speed Press, 2013.

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

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

***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, FAADE. American Diabetes Association, Inc., 2015.

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

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://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.

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