



# West Hills College Coalinga

## Library and Learning Resource Center

### Diets & Nutrition

[Organized by Date]

Eat This, Not That! (2008)	613.2 ZIN
The Food You Crave (2008)	641.5 KRI
Rethinking Thin: The New Science of Weight Loss (2007)	613.25 KOL
Veganomicon: The Ultimate Vegan Cookbook (2007)	641.5636 ISA
American Dietetic Association Nutrition Guide (2006)	613.2 DUY
Real Food: What to Eat and Why (2006)	613.20973 PLA
The Truth about Diets: The Pros and Cons (2006)	613.25 OBES
The Whole Foods Allergy Cookbook (2006)	641.5631 PAS
YOU, On a Diet (2006)	613.25 ROI
Diets In A Nutshell (2005)	REF 613.2 SCA
Fix -it and Forget-it Diabetic Cookbook (2005)	641.5 GOO
The South Beach Diet (2003)	613.25 AGAT
Betty Cocker's Diabetes Cookbook (2003)	641.5 CRO
Encyclopedia of Diet Fads (2003)	REF 613.2503 BIJ
Diets Designed For Athletes (2002)	613.2024 KAR
Dr. Atkins' New Diet Revolution (2002)	613.25 ATK
Encyclopedia of Sports and Fitness Nutrition (2002)	REF 613.203APP
The Nutritionist (2002)	613.2 WILD
It's Not Your Fault You're Fat [DVD] (2001)	613.2 ITS
What to Eat For A Long and Healthy Life (1998)	641.1 BERK
10 Essential Foods (1997)	631.2 THOM
Advanced Nutritional Therapies (1996)	615.854 COOPER
The UCB Wellness Encyclopedia of Food (1992)	613.2 WELL
Controlling Cholesterol (1988)	616.10654 COO
How to be Your Own Nutritionist (1988)	613.2 BERG

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**Questions?...**Contact the Library/LRC at 934-2420 or 934-2403  
Or email - [matthewmagnuson@westhillscollge.com](mailto:matthewmagnuson@westhillscollge.com)

The Complete Guide to Health and Nutrition (1984)	613.2 NUL
The Comprehensive Diabetic Cookbook (1984)	641.5 KAP
The Lazy Person's Guide to Better Nutrition (1984)	641.1 TESS
Weight Watchers Quick Start Cookbook (1984)	641.5634 NID
The "I Love America" Diet (1983)	613.25 GEOR
Nutrition, the Challenge of Being Well Nourished (1983)	641.1 WENC
The Scarsdale Weight Loss Program for Teenagers (1983)	613.25 CORL
Diet and Exercise: Synergism in Health Maintenance (1982)	613 DIE
Food, Nutrition and You (1982)	613.2 PEAV
I Left My Fat Behind (1982)	613.25 ZARA
Desserts for Dieters (1979)	641.86 HAP
The Feingold Cookbook for Hyperactive Children (1979)	641.563 FEI
The 9 Day Wonder Diet (1978)	613.25 ISEN
The All Color Diet Cookbook (1978)	O 613.2 KAY
The International Slim Gourmet Cookbook (1978)	641.5635 GIB
The Complete Junk Food Book (1977)	641.13 LASK
The Save Your Life Diet (1975)	613.26 REUB
Dr. Atkins Diet Cookbook (1974)	641.59 GARE
The Family Guide to Better Food and Better Health (1973)	613.2 DEUT
The Folklore and Facts of Natural Nutrition (1973)	613.2 LAVA
Nutrition and Physical Fitness (1973)	641.1 BOGE
Nutrition Scoreboard; Your Guide to Better Eating (1973)	641.1 JACO
What You Need to Know About Food...(1973)	641.1 LAMB
Food and Arthritis (1969)	641.563 MAD