

Family Resource Library/ Women's Health Centre Library Eating Disorders Bibliography

September 2008



This is a list of **selected books and DVDs**, available from the Family Resource Library (**FRL**) and The Women's Health Centre Library (**WHC**).

Borrowing privileges are extended free of charge to families, caregivers, community-service providers and other health-care professionals located in British Columbia. The FRL library is open: **Monday to Friday, 10:00 am to 4:00 pm.**

The FRL library is located across from the elevators and at the top of the main staircase on the 2nd floor (block 11) of the Ambulatory Care Building at BC Children's Hospital.

The Women's Health Centre Library is located in room F3 of BC Women's Hospital & Health Centre.

If you are staying at the Hospital but are unable to come to the library, we will be happy to deliver resources during our working hours. Resources can also be mailed out for free to any location in BC.

For a complete list of our books and DVDs, please search our online catalogue at <http://www.bcchildrens.ca/FRL>

Questions?



We can be reached by email at famreslib@cw.bc.ca

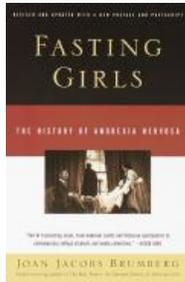


or by phone at (604) 875-2345 Local 5102

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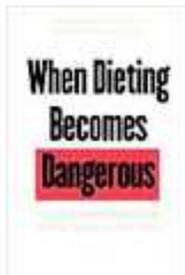
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Eating Disorders - General



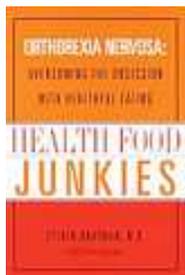
Fasting girls: The history of anorexia nervosa / Brumberg, Joan Jacobs. -- New York, NY: Vintage Books, 2000. (Book) - BB 520 BRU 2000 [FRL]

Abstract: This updated edition of Joan Jacobs Brumberg's "Fasting Girls", gives a history of women's food-refusal dating back as far as the sixteenth century. The book tells of medieval martyrs who used starvation to show religious devotion, "wonders of science" whose families capitalized on their ability to survive on flower petals and air, and silent screen stars whose strict "slimming" regimens inspired a generation. It also looks at how the Industrial Revolution produced a disorder that continues to render women helpless. The book offers understanding to victims and their families, clinicians, and all women who are interested in the origins and future of this complex, modern and characteristically female disease.



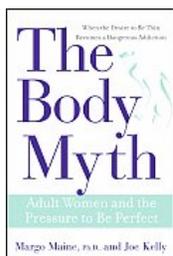
When dieting becomes dangerous: A guide to understanding and treating anorexia and bulimia / Michel, Deborah Marcontell.; Willard, Susan G. -- New Haven, CT: Yale University Press, 2003. (Book) - BB 500 MIC 2003 [WHC]

Abstract: This primer on anorexia and bulimia is aimed at patients and the people who care about them. Written in straightforward language, it describes the symptoms and warning signs of eating disorders, explains their presumed causes and complexities, and suggests effective treatments.



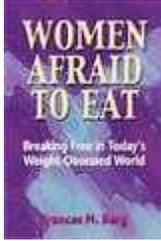
Health food junkies: Overcoming the obsession with healthful eating / Bratman, Steven.; Knight, David. -- New York, NY: Broadway Books, 2000. (Book) - BB 500 BRA 2000 [WHC]

Abstract: The first book to identify the eating disorder, Orthorexia Nervosa (an obsession with healthy eating), and to offer detailed, practical advice on how to cope with and overcome it.



Body myth: Adult women and the pressure to be perfect / Maine, Margo.; Kelly, Joe. -- Hoboken, NJ: John Wiley & Sons, Inc. 2005. (Book) - BB 500 MAI 2005 [WHC]

Abstract: This guide intends to help women and their loved ones understand eating disorders and the obsession with perfection, exploring the challenge of identifying the problem, the different eating disorder triggers adult women experience, and the various treatments available.



Women afraid to eat: Breaking free in today's weight-obsessed world / Berg, Frances M. -- Hettinger, ND: Healthy Weight Network, 2001. (Book) - BB 500 BER 2001 [WHC]

Abstract: Designed to challenge America's obsession with thinness, this book reveals the profound mental and physical effects on women struggling with their weight.



Life inside the "thin" cage: A personal look into the hidden world of the chronic dieter / Rhodes, Constance. -- Colorado Springs, CO: Shaw Books, 2003. (Book) - BB 500 RHO 2003 [WHC]

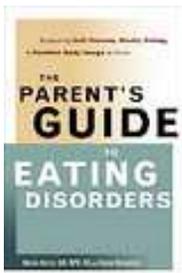
Abstract: Offers a wake-up call and practical steps to those who need healing from suffering eating disorders. Readers will find personal stories, insights into their secret patterns and habits, reassurance that they are not alone, checklists, self-tests, and, a new road to emotional, physical, mental and spiritual freedom.



Gaining: The truth about life after eating disorders / Liu, Aimee. -- New York, NY: Warner Books, 2007. (Book) - BB 500 AIM 2007 [WHC]

Abstract: In 1979, Aimee Liu wrote her memoir, *Solitaire*, in which she described her battle with anorexia. Three decades later, Liu shares her story and those of her peers who are still struggling to understand the role anorexia and bulimia have played in their lives.

For Parents



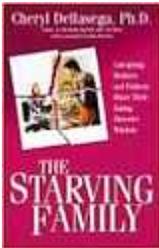
Parent's guide to eating disorders: Supporting self-esteem, healthy eating, & positive body image at home / Herrin, Marcia; Matsumoto, Nancy. -- Carlsbad, CA: Gurze Books, 2007. (Book) - BB 500 HER 2007 [FRL]

Abstract: Focusing on the family, this book teaches parents how to examine and understand their family's approach to food and body-image issues and its effect on their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a non-threatening, non-judgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.



Anorexia nervosa: A survival guide for families, friends and sufferers / Treasure, Janet. -- East Sussex, UK: Psychology Press Limited, 1997. (Book) - BB 520 TRE 1997 [FRL]

Abstract: This book includes a section for parents as well as a section for the person with the eating disorder. Parents have shared their experiences and solutions for the pulling together, managing eating sessions, depression and body image issues.



Starving family: Caregiving mothers and fathers share their eating disorder wisdom / Dellasega, Cheryl. -- Belgium, WI: Champion Press, 2006. (Kit) - BB 500 DEL 2006 [FRL]

Abstract: A guide for family caregivers of persons with eating disorders. Culled from the experiences of over a dozen diverse families who have "been there, done that," this book covers new territory on how to cope at home when anorexia, bulimia, or ED-NOS strikes a loved one.



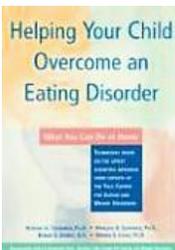
Just a little too thin: How to pull your child back from the brink of an eating disorder / Strober, Michael A.; Schneider, Meg. -- Cambridge, MA: Da Capo Press, 2005. (Book) - BB 500 STR 2005 [FRL]

Abstract: Outlining the findings of Dr. Michael Strober's original research--that there are three distinct stages of eating disorders--this book helps parents detect the severity of a child's weight issues and helps them steer her clear of--or maneuver herself off--a slippery slope that could lead to Anorexia Nervosa. Offering guidance on how to talk about weight and eating in ways that won't alienate the child in question, it also provides parents with the tools to help them cope with the emotional issues that are feeding their child's obsession with their weight. No matter where a child rests on the continuum of eating behaviors, this book is a useful aid for parents intent on keeping their children emotionally and physically healthy in a world of unprecedented pressures.



Eating disorders: A parent's guide / Bryant-Waugh, Rachel; Lask, Bryan. -- Hove, UK: Burnner-Routledge, c2004. (Book) - BB 500 BRY 2004 [FRL]

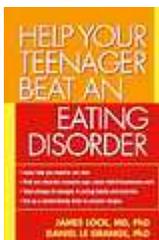
Abstract: Provides positive, sensible advice on a range of eating disturbances in children and adolescents and answers many of the questions frequently asked by worried parents such as the reason for experiencing eating disorders, what to do to get a child talk about it, where to seek help and treatment, and how long for a child to be better.



Helping your child overcome an eating disorder: What you can do at home: Techniques based on the latest scientific research from experts at the Yale Center for Eating and Weight disorders / Teachman, Bethany A.; Schwartz, Marlene B.; Gordic, Bonnie S.; Coyle, Brenda S. -- Oakland, CA: New Harbinger Publications, 2003. (Book) - BB 500 TEA 2003 [FRL]

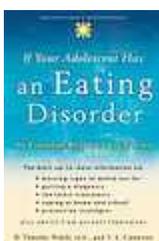
Abstract: This guide shows parents how to talk with their children about the touchy subject of eating disorder, access the latest cognitive-behavioral techniques, deal with eating and exercise in the home, find a good therapist, and take charge of ensuring a child's recovery. It explores issues like depression and anxiety and includes

questionnaires, checklists for ongoing evaluation, and charts for monitoring and developing positive eating patterns. Each chapter includes case studies and a "Creating Solutions" section.



Help your teenager beat an eating disorder / Lock, James. -- New York, NY: The Guilford Press, 2005. (Book) - BB 500 LOC 2005 [FRL]

Abstract: This book shows how parents can break an eating disorder's control over their child's mind and re-establish normal eating and family relations. The odds for full recovery drop substantially if treatment is delayed. A radically important wake up call, this book urges parents to act now.



If your adolescent has an eating disorder: An essential resource for parents / Walsh, B. Timothy.; Cameron, V. L. -- New York, NY: Oxford University Press, Inc. 2005. (Book) - BB 500 WAL 2005 [FRL]

Abstract: This guidebook offers parents clear definitions of what an eating disorder is, how to recognize its symptoms, and what to do about them. Targeting anorexia nervosa and bulimia nervosa, and touching on binge eating disorder, the authors explain the challenges of getting an adequate diagnosis, and offer guidance in obtaining the right treatment for each disorder. The book combines scientific expertise and research findings on these illnesses with the practical wisdom of parents who have experienced these disorders in their children.



An introduction to effective meal support: A guide for family and friends (DVD) / Leichner, Pierre; Hall, Dave; Calderon, Rose; Caufield, Sarah. -- Vancouver, BC: BC Children's Hospital, Seattle's Children's Hospital, 2003. (Kit) - BB 500 LEI 2003b [FRL]

Abstract: Mealtimes can be extremely tense and emotional, both for youth suffering from eating disorders and for their families. This DVD (based on the experience of patients and their caregivers at the Eating Disorders Program at BC Children's Hospital) is a "how-to" on providing meal support before, during, and immediately after meals and snacks. Useful for families who are welcoming their children home after intensive or day treatment, or who simply want to support a child who is struggling.



Perfect illusions: Eating disorders and the family / Case, Peggy (Producer/Director) -- [Seattle, WA] KCTS Television, 2002. (DVD) - BB 500 CAS 2002 [FRL]

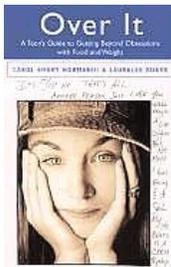
Abstract: This KCTS Television documentary, focuses on the experiences of four families whose lives have been impacted by eating disorders. What the risk factors are, how to identify early warning signs, where families can turn during the treatment and recovery process: these questions and more are addressed in this DVD.

For Youth



Perfect / Friend, Natasha. -- Minneapolis, MN: Milkweed Editions, 2004. (Book) - YOUTH BB 530 FRI 2004 [FRL]

Abstract: Following the death of her father, a thirteen-year-old uses bulimia as a way to avoid her mother's and ten-year-old sister's grief, as well as her own.



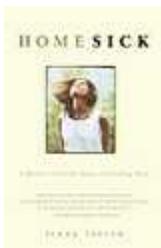
Over it: A teen's guide to getting beyond obsessions with food and weight / Normandi, Carol Emery; Roark, Laurelee. -- Novato, CA: New World Library; Distributed to the trade by Publishers Group West, 2001. (Book) - YOUTH BB 500 EME 2001 [FRL]

Abstract: The authors look at the behaviors that may lead to eating disorders and the cultural, emotional, and physical reasons girls obsess about weight and eating. They go on to offer girls and their parents a map and a method for finding a realistic and livable balance. Stories and quotations from girls who have struggled with eating disorders give the book immediacy, and exercises and writing suggestions steer girls toward a healthy self-image and wholesome eating patterns.



Hunger / Skrypuch, Marsha Forchuk. -- Toronto, ON: Boardwalk Books, 1999. (Book) - YOUTH BB 520 SKR 1999 [FRL]

Abstract: In this fictional account, fifteen-year-old Paula's perfectionism drives every facet of her life, from her marks in Grade 10 to the pursuit of a "perfect body". A history project brings her face to face with her grandmother's early life and, as she delves deeper, she is disturbed to find eerie parallels between her own struggles and what she learns of the past. As Paula slowly destroys the very body she's trying to perfect, her spirit is torn between settling for her imperfect life of entering the shadowy mystery of her grandmother's Armenian past. The shimmering Euphrates River beckons her, but, as she soon discovers, there are many things worse than imperfection.



Homesick: A memoir of family, food, and finding hope / Lauren, Jenny. -- New York, NY: Washington Square Press, 2004. (Book) - YOUTH BB 520 LAU 2005 [WHC]

Abstract: This account details with the author's struggle with anorexia and bulimia as a teenager, and is also a much larger story that focuses on universal issues: the intricacies of family ties, the pressures of society, the search for selfhood, and ultimately the power of hope.



Eating disorders -- [Niagara Falls, NY] Medical Audio Visual Communications, Inc. 2000. (DVD) - YOUTH BB 500 MED 2000 [FRL]

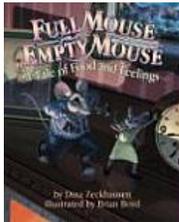
Abstract: This program profiles four young people who've had eating disorders. Their experience highlight how this illness is not just about food, but about struggling with loss of emotional control. The newer approaches using cognitive behavioral therapy and anti-depressants are explained.



Anorexia and bulimia: The truth about eating disorders Interactive Educational Media, [1999] (DVD) - YOUTH BB 500 INT 1999 [FRL]

Abstract: This DVD covers eating disorders among young adults. It explains how bulimia and anorexia can harm a person's health, and where to turn for help.

For Children



Full mouse, empty mouse: A tale of food and feelings / Zeckhausen, Dina; Boyd, Brian (illustrator) -- Washington, DC: Magination Press, 2002. (Book) - JUNIOR BB 500 ZEC 2002 [FRL]

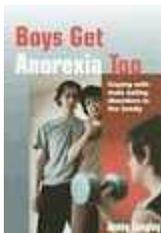
Abstract: A story which addresses the complex problem of eating disorders in language that children from ages 5-12 can understand. It is a beautifully illustrated book telling the story of two mice who use food in an effort to cope with the stress in their lives. "Mouse stress" involves an ever-present cat, mouse-traps, a dog and a rat who chase the small mice. The boy mouse, Billy Blue, overeats for comfort and solace. His sister, Sally Rose, under-eats in an attempt to reduce her size in order to be safe. While Billy is teased for being fat, his sister is admired for her tiny body. Their parents, though well intentioned, are distracted by work and compulsive cleaning. Their wise aunt teaches them to listen to their bodies, tune in to their feelings and get their needs met in more effective ways.

Males and Eating Disorders



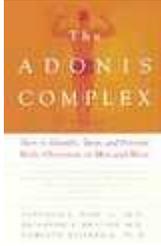
Skinny boy: A young man's battle and triumph over anorexia / Grahl, Gary A. -- Clearfield, UT: American Legacy Media, 2007. (Book) - YOUTH BB 520 GRA 2007

Abstract: An autobiographical account of a young man's battle and triumph over Anorexia Nervosa. [FRL]



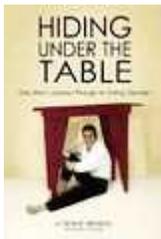
Boys get anorexia too: Coping with male eating disorders in the family / Langley, Jenny. -- London, UK: Paul Chapman Publishing, 2006. (Book) - BB 520 LAN 2006 [FRL]

Abstract: A case study of a twelve-year-old boy who developed anorexia nervosa. Contains information intended to be helpful for parents, teachers and sports coaching staff.



Adonis complex: How to identify, treat, and prevent body obsession in men and boys / Pope, Harrison.; Phillips, Katharine A.; Olivardia, Roberto. . -- New York, NY: Touchstone, 2000. (Book) - BB 500 POP 2000 [FRL]

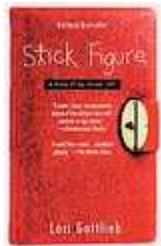
Abstract: Trying everything from compulsive weight lifting to steroids, more boys and men are taking the quest for physical perfection beyond the bounds of normal behaviour. This book identifies the symptoms and warning signs of this dangerous problem, including: an obsession with exercise, sometimes to the exclusion of all other activities; binge eating, anorexia nervosa, and bulimia; the abuse of steroids, muscle-building supplements, and diet aids. The book gives readers an explanation of the underlying causes of the Adonis complex, together with hands-on advice



Hiding under the table / Henning, Dennis.; Woods, Patricia. -- Albuquerque, NM: Americana Publishing, Inc. 2004. (Book) - BB 500 HEN 2004 [WHC]

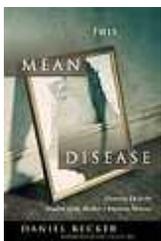
Abstract: An uncompromising account of a man who suffered from an eating disorder, and how for years the medical establishment would not take his anguish seriously because he is male. This is his true story, from the evolution of his addictions to how he finally recognized that he had to take responsibility for his own recovery.

Personal Stories



Stick figure: A diary of my former self / Gottlieb, Lori. -- New York, NY: Simon & Schuster, 2000. (Book) - YOUTH BB 520 GOT 2000 [FRL]

Abstract: This autobiography gives a glimpse into the mind of a girl with anorexia and her transition to adulthood. A raw, no-holds-barred account and cautionary tale about the dangers of living up to society's expectations.



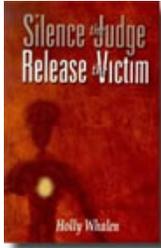
This mean disease / Becker, Daniel. -- Carlsbad, CA: Gurze Books, 2005. (Book) - YOUTH BB 520 BEC 2005 [FRL]

Abstract: In this memoir, the author shares the inner world of his mother's anorexia nervosa and its devastating effects on his family. Through the eyes of a child, we witness both the heartbreaking details of his mother's obsession with food and her inability to nourish herself.



To die for: The true story of a broken childhood / Lee, Carol. -- London, UK: Arrow Books, 2005. (Book) - BB 520 LEE 2005 [WHC]

Abstract: A true story of the relationship between the author and her god-daughter, a young girl suffering from anorexia nervosa.



Silence the judge, release the victim: My personal journey of recovery and healing was to venture within / Whalen, Holly. -- Dallas, TX: Brown Books, 2002. (Book) - BB 500 WHA 2002 [WHC]

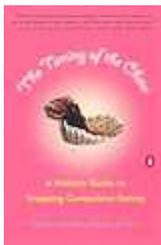
Abstract: A biographical account of the experiences of a young woman who survived trauma and an eating disorder.



Silent screams / Henry, Lori. -- Victoria, BC: Trafford Publishing, 2002. (Book) - BB 530 HEN 2002 [WHC]

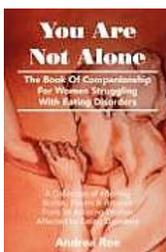
Abstract: This personal collection of poems follows a young woman's journey and eventual recovery from bulimia. Starting at 12 years old, she began a dangerous dance with an eating disorder that would take over her life for the next six years.

Self-Help



Taming of the chew: A holistic guide to stopping compulsive eating / Lamothe, Denise C. -- New York, NY: Penguin Books, 1998. (Book) - BB 560 LAM 1998 [WHC]

Abstract: A psychologist and doctor of holistic health presents a complete program to combat overeating, showing compulsive eaters how to take control of their dependence on and obsession with food.



You are not alone: The book of companionship for women struggling with eating disorders / Roe, Andrea. -- Victoria, BC: Trafford Publishing, 2006. (Book) - BB 500 ROE 2006 [WHC]

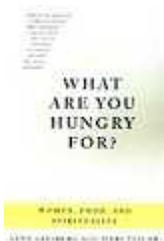
Abstract: A collection of stories, poems and artwork from 34 women affected by eating disorders. This book intends to give individuals struggling with eating disorders hope, comfort, much needed support, and the strength to continue fighting



Anorexia Nervosa: A Guide to Recovery / Hall, Lindsey.; Ostroff, Monika. -- Carlsbad, CA: Gurze Books, 1999. (Book) - BB 520 HAL 1999 [WHC]

Abstract: Co-written by an expert on eating disorders and a woman who recovered from the anorexia nervosa, this guide offers effective steps to recovery, answers to commonly asked questions, a list of resources, and dietary information.

Self-Concept/Self-Esteem



What are you hungry for? / Ginsburg, Lynn.; Taylor, Mary.; Pusedu, Josef. (ill). -- New York, NY: St. Martin's Griffin, 2002. (Book) - BB 500 GIN 2002 [WHC]

Abstract: The authors show how obsessive dieting, a distorted body image and eating disorders are often symptoms of a deep spiritual void. They offer an approach to resolving deep-seated food and body issues using methods adapted from Eastern mind/body practices such as yoga.

Kits



Body Image Works: Grades K to 3 body image kit / Ryder, Sabine.; Russell-Mayhew, Shelly. -- Calgary, AB: Body Image Works, Inc. 2004. (Kit) - CF 200 RYD 2004a [FRL]

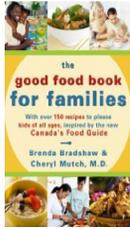
Body Image Works: Grades 4 to 6 body image kit / Ryder, Sabine.; Russell-Mayhew, Shelly. -- Calgary, AB: Body Image Works, Inc. 2004. (Kit) - CF 200 RYD 2004b [FRL]

Body Image Works: Grades 7 to 9 body image kit / Ryder, Sabine.; Russell-Mayhew, Shelly. -- Calgary, AB: Body Image Works, Inc. 2004. (Kit) - CF 200 RYD 2004c [FRL]

Body Image Works: Parent body image kit / Ryder, Sabine.; Russell-Mayhew, Shelly. -- Calgary, AB: Body Image Works, Inc. 2004. (Kit) - CF 200 RYD 2004d [FRL]

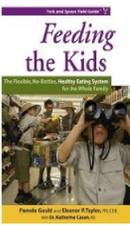
Abstract: The purpose of the Body Image Kits is to facilitate interactive discussion within the classroom. These discussions, which support universal learning outcomes for health, will provide an opportunity to identify and discuss the multitude of factors that influence body image within our culture. The activities provide an opportunity to share information with participants at a critical time in the formation of body image. Simultaneously, once an issue surfaces, instructors can provide information and dispel myths in a developmentally appropriate manner.

Healthy Eating/Nutrition - General



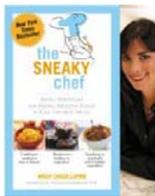
Good food book for families / Bradshaw, Brenda & Mutch, Cheryl. -- Toronto, ON: Random House Canada, 2008. (Book) - BB 100 BRA 2008 [FRL]

Abstract: Based on the new Canada's Food Guide, published in 2007, this book will help Canadians understand and use the guide to its fullest. Also included are sidebars addressing topics including food allergies, the best foods for brain development, vegetarian diets, omega-3 fatty acids, and what to do when your teen wants to go on a diet.



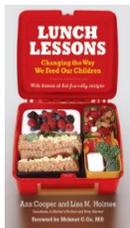
Feeding the kids: The flexible, no-battles, healthy eating system for the whole family / Gould, Pamela; Taylor, Eleanor. -- Clemson, SC: Mancala, 2007. (Book) - BB 100 GOU 2007 [FRL]

Abstract: Find kid-friendly, healthy food easily using simple label-reading tricks that classify all foods into three categories: Smart foods (super healthy foods packed with nutrition); Empty items (junk food that provides little nutrition but fill kids up); and In-Between choices (partly Smart and partly Empty). Using this new system, anyone can pick out the healthiest versions of snacks, drinks, breakfast cereal, pasta, lunch meats, chicken nuggets, or any other food.



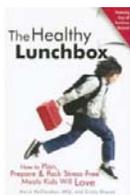
Sneaky chef: Simple strategies for hiding healthy foods in kids' favorite meals / Lapine, Missy Chase. -- Philadelphia, PA: Running Press, 2007. (Book) - BB 100 LAP 2007 [FRL]

Abstract: With over 75 simple recipes, The Sneaky Chef includes strategies for disguising "superfoods" in kids' favorite meals. With the addition of a few fast and simple make-ahead purees or clever replacements parents can pack more fiber, fruit, vegetables and whole grains in their kids' foods.



Lunch lessons: Changing the way we feed our children / Cooper, Ann; Holmes, Lisa M. -- New York, NY: HarperCollins, 2006. (Book) - BB 100 COO 2007 [FRL]

Abstract: Perfect for working parents who believe they're far too busy to pack a school lunch for their child, this book offers a host of simple meal changes and easy-to-follow recipes. Other sections offer tips on getting involved locally to transform school lunch programs; the end of the book boasts a valuable resource guide with helpful websites.



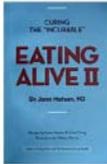
The healthy lunchbox: How to plan, prepare and pack stress-free meals kids will love / McClendon, Marie; Shauck, Cristy. -- Alexandria, VA: Small Steps, 2005. (Book) - BB 100 MCC 2005 [FRL]

Abstract: Dozens of easy menus and tips to help you give your children healthy lunch-on-the-go alternatives.



How to make a healthy lunch for kids -- [Simi Valley, CA] The visual guide, 2005. (DVD) - BB 130 THE 2005 [FRL]

Abstract: This program contains over 90 minutes of easy-to-follow ways to plan and prepare a child's lunch. It includes: time saving tips for the busy parent, nutritional advice from a registered dietician, and medical information from a pediatrician.



Eating alive II: Curing the "incurable" / Matsen, Jonn . -- North Vancouver, BC: Goodwin Books, Ltd. 2004. (Book) - BB 100 MAT 2004 [FRL]

Abstract: This book gives both the layperson and the professional a sense of how nutritional decisions and habits combine with mostly man-made environmental toxins to create the chronic ill-health syndromes. It includes a nutritional program with lifestyle guidelines that can help reverse symptoms of chronic illnesses. The book itself is divided into three parts. Part I includes a "Fast track" section which allows the reader to get started on the program right away. In this section, Dr. Matsen introduces the topics he will discuss in detail later in Part III. These are: mercury, vaccines, yeast, oxygen and the liver's role in detoxifying the body. Also, rather complete nutritional guidelines are discussed here. Part II contains the easy-to-make Menu suggestions, information about important fats and oils and the benefits of organic foods in reducing the detoxification burden on the liver. Part III is where Matsen details how and why chronic, often-mysterious, ill-health conditions are linked to such unobvious (to most of the medical world) elements as mercury, vaccinations and yeast, and how restoring a stressed liver's function--and increasing oxygen in the body--can help solve the problems.



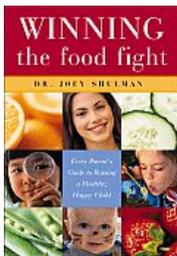
The weight of the world: Facing obesity / Whiting, Glynis; Friesen, Tracey; Alder, Michael. -- [Montreal, PQ] National Film Board, 2004. (DVD) - BB 420 WHI 2004 [FRL]

Abstract: This DVD was created in an attempt to address the increasing problem of obesity among our children.



Health lunchbox: The working mom's guide to keeping you and your kids trim / McAllister, Rallie. -- Washington, DC: Lifeline Press, 2003. (Book) - BB 100 MCA 2003 [FRL]

Abstract: This volume addresses the growing epidemic of obesity in American children (and adults) with detailed explanations of the risk factors, causes and dangers. The book also focuses on healthy lunchbox meals; recipes for breakfast, snacks and lunch are generally simple and appealing, and they employ some wholesome packaged products for convenience. Nutritional information (including "G-factors: grams of fat, carbohydrates, and protein") is included for each recipe, and advice on what's best to get at the grocery store or the fast food chains



Winning the food fight: Every parent's guide to raising a healthy, happy child / Shulman, Joey. -- Etobicoke, ON: John Wiley & Sons Canada LTD, 2003. (Book) - BB 200 SHU 2003 [FRL]

Abstract: This book offers tips for parents on how to transition kids from a fat-laden, sugar-sweet diet to a natural, nutritious way of eating. It includes topics such as: parental attitudes towards food; what's good and what's bad for a growing child; nutritious recipes and food plans for families; healthy alternatives to children's favorite foods; how to deal with ADD and ADHD by modifying a child's diet.



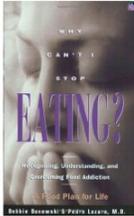
Better food for kids: Your essential guide to nutrition for all children from age 2 to 6 / Saab, Joanne; Kalnins, Daina. -- Toronto, ON: Robert Rose, 2002. (Book) - BB 200 SAA 2002 [FRL]

Abstract: Age-specific nutritional information as well as recipes specifically designed to appeal to young appetites.



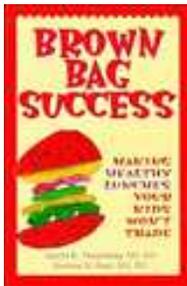
Fast food nation: The dark side of the all-American meal / Schlosser, Eric. -- Boston, MA: Perennial, 2002. (Book) - BB 100 SCH 2002 [FRL]

Abstract: The book examines the fast food industry in the United States and its global effects. In particular, it argues that the fast food industry has used political influence to increase profits at the expense of human health and the social conditions of its workers.



Why can't I stop eating? / Danowski, Debbie. Lazaro, Pedro. -- Center City, MN: Hazelden, 2000. (Book) - BB 560 DAN 2000 [FRL]

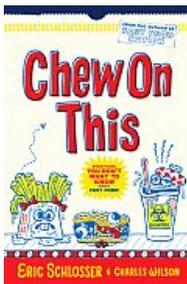
Abstract: Written for people unable to lose weight dieting and for professionals who deal with eating disorders and food addiction, this book explains why, despite the proliferation of weight loss programmes, so many people in the west remain overweight.



Brown bag success: Making healthy lunches your kids won't trade / Nissenberg, Sandra; Pearl, Barbara. -- New York, NY: Wiley, 1997. (Book) - BB 100 NIS 1997 [FRL]

Abstract: Topics include: Your Guide to Packing Healthy Lunches; 10 Smart Tips for Packing the Lunch Box; Answers to the Most Commonly Asked Questions from Concerned Parents; Brown Bag Success Monthly Cycle Menu; Tips and Tricks; The Recipes; Simple Soups; Sandwich Staples; Non-Sandwich Favorites; Sides to Go; Quick Breads and Starches; Snacks, Treats, and Finishing Touches.

Healthy Eating/Nutrition - Youth



Chew on this: Everything you don't want to know about fast food / Schlosser, Eric; Wilson, Charles. -- Boston, MA: 2006, Houghton Mifflin. (Book) - Youth BB 100 SCH 2006 [FRL]

Abstract: Schlosser, the author of the "New York Times" bestseller "Fast Food Nation," and Wilson share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken "nugget" really is, and how the fast food industry has been feeding off children for generations.



Good food, bad food: You must choose / Vuckovic, Christina. -- Huntsville, TX: Educational Video Network, 1993. (DVD) - YOUTH BB 100 VUC 1993 [FRL]

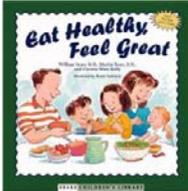
Abstract: This DVD provides information on the need to combat the prevalence of fat, sugar, and sodium in the average diet. It outlines the health benefits that result from increasing the amount of grains, fruits, and vegetables in one's diet, and shows how some food manufacturers fill processed foods with unhealthy additives.



Nutrition choices for young adults / Vuckovic, Christina; Russell, George H. -- Huntsville, Tex: 1992. (DVD) - YOUTH BB 100 VUC 1992 [FRL]

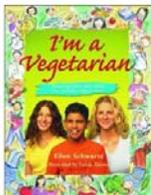
Abstract: Emphasizes to young adults the importance of establishing healthy eating habits, and encourages to maintain them throughout their lives.

Healthy Eating/Nutrition - Children



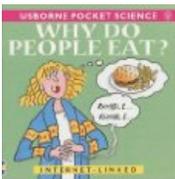
Eat healthy, feel great / Sears, William; Sears, Martha; Andriani, Renee (Illustrator) - Boston, Little Brown & Company, 2002. (Book) - JUNIOR BB 100 SEA 2002 [FRL]

Abstract: This book gives kids the tools to make their own wise food choices. Quick and easy recipes that kids can make with adult supervision are also included.



I'm a vegetarian: Amazing facts and ideas for healthy vegetarians / Schwartz, Ellen; Zaman, Farida (Illustrator) -- Toronto, ON: Tundra Books, 2002. (Book) - JUNIOR BB 250 SCH 2002 [FRL]

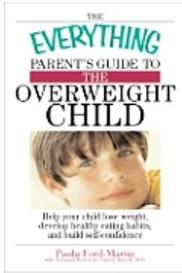
Abstract: Whether it's for health, humane, or taste reasons, many young people are vegetarians. This book is intended to help them be healthy ones. It provides a history of vegetarianism, advice on balancing one's diet, yummy food ideas, and, best of all, ways to cope with sticky situations. How do you handle the inevitable trips to the local burger joint? How do you resist Grandma's attempts to get you to try just a bit of her famous roast turkey? How do you respond to dire predictions that it's meat that makes you strong? A resource for young people who are vegetarians, or for those who are thinking about making the switch.



Why do people eat? / Needham, Kate. -- London, UK: Usborne Publishing Ltd. 2001. (Book) - JUNIOR BB 100 NEE 2001 [FRL]

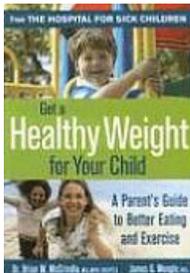
Abstract: Your body is like a big machine that is always working - and to do this it needs food. This bright, friendly book describes the different types of food your body needs, and the vitamins and minerals it needs to stay healthy. With colorful pictures, diagrams and simple activities, it also explains why you feel hungry, how you taste food and why too much of certain foods can be bad for you.

Weight Control



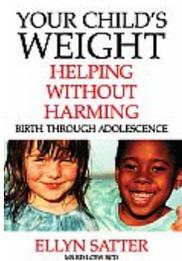
The everything parent's guide to the overweight child / Ford-Martin, Paula. -- Avon, MA: Adams Media, c2005. (Book) - BB 420 FOR 2005 [FRL]

Abstract: This book offers an insight on what causes children to become overweight and how to help them to change their eating habits and become more physically active.
Topics: Preventing emotional overeating; Increasing family awareness and sensitivity; Beating fat and calories when dining out; Incorporating physical activity into everyday routines; Tracking progress with journal entry pages.



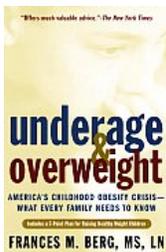
Get a healthy weight for your child: A parent's guide to better eating and exercise / McCrindle, Brian; Wengle, James. -- Toronto, ON: Robert Rose, 2005. (Book) - BB 420 MCC 2005 [FRL]

Abstract: This book will help parents to: Recognize if their child is overweight; Realize the medical consequences of being overweight; Understand the social, behavioral, and biological causes of being overweight; Improve both their child's and family's eating habits, nutrition and overall physical fitness.



Your child's weight: Helping without harming: Birth through adolescence / Satter, Elyn. -- Madison, WI: Kelcy Press, 2005. (Book) - BB 420 SAT 2005 [FRL]

This book challenges the conventional belief that parents must get overweight children to eat less and exercise more. In the long run, she says, making them go hungry and forcing them to be active makes children preoccupied with food, prone to overeating, turned off to activity, and likely to gain too much weight. Instead, it states that, "to resolve the problem of child overweight, we must do the opposite of what seems right. We must feed children rather than depriving them."



Underage & overweight: America's childhood obesity crisis-- what every family needs to know / Berg, Frances M. -- New York, NY: Hatherleigh Press, 2004. (Book) - BB 420 BER 2004 [FRL]

Abstract: This book lays out the causes of childhood obesity, its consequences, and cures. Accessible to the lay reader, it examines the very real dangers of obesity, the consequences of sedentary living, the causes of dysfunctional eating, and how family life and our schools have contributed to the problem. The book gives parents, educators, and health care workers concrete steps to lead children to happier and healthier lives.



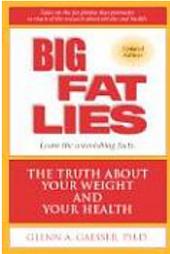
The weight of the world: Facing obesity / Whiting, Glynis; Friesen, Tracey; Allder, Michael. -- [Montreal, PQ] National Film Board, 2004. (DVD) - BB 420 WHI 2004 [FRL]

Abstract: This DVD was created in an attempt to address the increasing problem of obesity among our children.



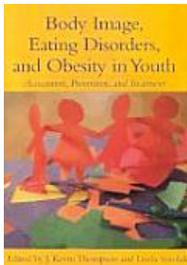
Childhood obesity: Reversing the trend / Ludwig, David; Caprio, Sonia; Savoye-Desanti, Mary . -- Princeton, NJ: Films for the Humanities & Sciences, 2003. (DVD) - BB 420 LUD 2003 [FRL]

AbstractThis program presents two hospital-based programs that help kids lose weight and keep the pounds off - that help set realistic goals based on good health over appearance. Shauna, Necole, and Adam talk about what it's like, from a child's point of view, to be overweight and to achieve the control it takes to stick to a program of portion control and exercise, building the kind of life-style that brings about successful weight reduction.



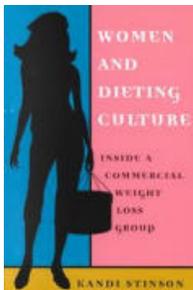
Big fat lies: The truth about your weight and your health / Gaesser, Glenn A. -- Carlsbad, CA: Gurze Books, 2002. (Book) - BB 400 GAE 2002 [FRL]

Abstract: The author, an exercise physiologist, challenges the conventional wisdom that excess body fat poses a danger to health. He presents evidence that: People can be fat and fit; There is no connection between fat-clogged arteries and obesity; Thinner is not necessarily healthier; Good body fat protects from heart disease; One's natural weight can be achieved without dieting; Dieting can cause weight gain.



Body image, eating disorders, and obesity in youth: Assessment, prevention, and treatment / Thompson, J. Kevin; Smolak, Linda. -- Washington, DC: American Psychological Association, 2001. (Book) - REF BB 500.7 THO 2001 [FRL]

Abstract: Provides a view on the causes, prevention, and treatment of obesity and the eating disorders. Topics include family functioning, etiology, body image in children and in ethnically diverse youth, and assessment of physical status. For students and practitioners.



Women and dieting culture: Inside a commercial weight loss group / Stinson, Kandi M. -- New Brunswick, NJ: Rutgers University Press, 2001. (Book) - BB 400 STI 2001 [WHC]

Abstract: Asks how the social values that cause women to obsess about their weight are transmitted and how the women who join commercial weight loss organizations actually think about their bodies and weight. Stinson fully participated in a national, commercial weight-loss organization as a paying member and discovered that the women's view of the causes and cures of being overweight can be placed in five distinct, though often overlapping, categories: self-help, work, religion, addiction, and feminism. She explores each category and outlines how they form interrelated patterns which, when analyzed, yield an exciting new perspective on the transmission of cultural values.



Child obesity -- Los Angeles, CA: National Health Video Inc. 1999. (DVD) - BB 420 NAT 1999 [FRL]

Abstract: This DVD discusses obesity in children and looks at risk factors, obesity definition, possible life style and family changes that will improve weight problems, and the need for support and validation.