

## Books For Review

### **1. Portion Teller: Smartsizes Your Way to Permanent Weight Loss. by Lisa R. Young**

-Spring Creek Campus- RM 222.2 Y683

-Teaches you how to understand portion sizes so that you can lose weight and stop dieting.

### **2. Food Fight: The Inside Story of the Food Industry, America's Obesity Crisis, and What We Can Do About It. by Kelly D. Brownell**

-Spring Creek & Central Park Campuses have copies- RA 645.02 B76

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)

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-An unflinching assessment of a culture that feeds its pets better than its children, manipulates children into poor eating habits with toy giveaways and in-school promotions, and makes it nearly impossible for the poor to be healthy.

### **3. Fat Land: How Americans Became the Fattest People in the World. by Greg Crister**

-Spring Creek & Preston Ridge Campuses have copies- RA 645.023 C75

-An astonishing expose by a journalist who looks beyond the sensational headlines to reveal why nearly 60% of Americans are now overweight. The author investigates many factors in American life (from supersize to Super Mario, from high fructose corn syrup to the high cost of physical education in schools) that have converged and conspired to make us some of the fattest people on the planet. He also explains why pediatricians are treating conditions rarely before noticed in children, why type II diabetes is on the rise, and how agribusiness has unwittingly altered the American diet.

### **4. Fast Food Nation: The Dark Side of the All-American Meal . by Eric Schlosser**

-All 3 campuses have copies- TX 945.3 S355

-SCC has Audio Books - TX 945.3 S355

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in

CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)  
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-Schlosser's myth-shattering survey stretches from California's subdivisions, where the business was born, to the industrial corridor along the New Jersey Turnpike, where many of fast food's flavors are concocted. Along the way, he unearths a trove of fascinating, unsettling truths- from the unholy alliance between fast food and Hollywood to the seismic changes the industry has wrought in food production, popular culture, and even real estate.

### **5. Food Politics: How the Food Industry Influences Nutrition and Health. by Marion Nestle**

-All 3 campuses have copies- TX 360.U6 N47

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in

CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)  
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-Dr. Nestle examines what she sees as the industry's manipulation of America's eating habits while enumerating many conflicts of interest among nutritional authorities. We learn how powerful, intrusive, influential, and invasive big industry is and how alert we must constantly be to prevent it from influencing not only our own personal nutritional choices, but those of our government agencies.

### **6. Fed Up: Winning the War Against Childhood Obesity. by Susan Okie**

-All 3 campuses have copies- RJ 399.C6 O383

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in

CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)

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-Dr. Okie, a family physician/medical journalist, addresses the trends that have resulted in "the fattest generation," and ways that schools and the community can help children reduce the risk of diabetes, heart disease, and reduced life expectancy.

### **7. Harvest for Hope: A Guide to Mindful Eating. by Jane Goodall**

-Spring Creek Campus- TX 631. G66

-Warns of the hazards of genetically modified foods and of the disappearance of seed diversity, and bemoans the existence of inhumane animal factories and unclean fish farms— the macro concerns of the environmentally conscious. On a more micro level, she focuses on what individuals can do for themselves. Goodall counsels her readers to become vegetarians, celebrates restaurants and grocery stores that seek out locally grown produce, frets about the quality of school lunches and the pervasiveness of fast food–fueled obesity, honors small farmers and warns of a looming water crisis. Most chapters conclude with "what you can do" sections: demand that modified foods be labeled; turn off the tap while brushing your teeth."

### **8. What To Eat: An Aisle by Aisle by Marion Nestle**

-All 3 campuses have copies - RA 784 .N46

-This is a 500 pg. book BUT if you are really interested in learning more about eating healthier, read it! Takes the reader on a guided tour of the American supermarket and shows us exactly how to feed ourselves and our families wisely and well. Along the way, Nestle reveals the big food companies' marketing practices, explains complex labels in clear language, and tells us what we need to know for sensible food shopping.

### **9. Omnivore's Dilemma: A Natural History of Four Meals by Pollan, Michael**

-All 3 campuses have copies- GT2850 P65

-SCC has Audio Books - GT2850 P65

-Follows each of the food chains that sustain us--industrial food, organic or alternative food, and food we forage ourselves--from the source to a final meal, and in the process develops a definitive account of the American way of eating.

### **10. Real Food: What To Eat and Why by Nina Planck**

- Spring Creek- TX 360 .U6 P63

-The author isn't afraid to make the occasional wisecrack while taking unpopular positions (like butter & eggs are really good for you). Planck, who is now an author and a creator and manager of farmers' markets, has a message that can be—and is—summed up in straightforward and simple fashion in her first couple of chapters. She then goes on to build her case elaborately, citing both recent and venerable studies, concluding in the end that the only sensible path for eating, the one that maintains and even improves health, the one that maintains stable weight and avoids obesity, happens to be the one that we all crave: not modern food, but traditional food, and not industrial food, but real food.

**11. Mindless Eating: Why We Eat More Than We Think by Brian Wansink**

-Spring Creek & Preston Ridge have copies- RC552.C65 W36

-SCC has an Audio book RC 552 .C65 W65

-According to Wansink, director of the Cornell University Food and Brand Lab, the mind makes food-related decisions, more than 200 a day, and many of them without pause for actual thought. This peppy, somewhat pop-psych book argues that we don't have to change what we eat as much as how, and that by making more mindful food-related decisions we can start to eat and live better. The author's approach isn't so much a diet book as a how-to on better facilitating the interaction between the feed-me messages of our stomachs and the controls in our heads.

**12. Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples by John Robbins**

-Spring Creek- RA776.75 .R63

-How do the Abkhasians of the Caucasus Mountains live to a very old age while enjoying full physical and mental health? Robbins—who famously rejected his Baskin-Robbins inheritance to pursue a healthful and compassionate lifestyle explains three cultures who eat fruits, vegetables, nuts, whole grains and other natural foods that are low in calories, protein, sugar and fat. He shows how they cherish their children and their elders, foster a positive mental attitude and place a premium on vigorous and constant physical activity, while industrialized nations do not.

**13. Conquering Depression and Anxiety Through Exercise by Johnsgard, Keith**

- Spring Creek- RC 537 .J638

-Johnsgard identifies the health hazards posed by the Western lifestyle, examines the relationship between exercise and mood, describes the numerous health benefits of aerobic exercise, and advocates the strengths of exercise therapy for treating patients suffering from depression, anxiety, and substance dependence.

**14. The Way We Eat: Why Our Food Choices Matter by Peter Singer and Jim Mason**

- All 3 campuses have copies—TX 357 S527

- SCC has an Audio Book - TX 357 S527

- This book documents corporate deception, widespread waste and desensitization to inhumane practices in this consideration of ethical eating. The authors examine three families' grocery-buying habits and the motivations behind those choices.

**15. Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping by Robert Sapolsky**

- Spring Creek & Central park have copies- QP 82.2 S8 S266

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)

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-This book combines cutting-edge research with a healthy dose of good humor and practical advice to explain how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease and more. It relates stress to sleep disorders, addictions, anxiety, gender differences, weight gain and stress management. If you enjoy learning how the human body works & knowing the "why" behind what happens, this book is easy to read, easy to understand, and hard to put down.

**16. In Defense of Food: An Eater's Manifesto by Michael Pollan**

All 3 campuses have copies- RA784 .P643

-Spring Creek & Preston Ridge have Audio copies- Audio Books RA784 .P643

-This book contains a series of wonderfully clear and thoughtful answers that help us navigate the nutritional minefield that's come to typify our food culture. Many processed foods vie for a spot in our grocery baskets, claiming to lower cholesterol, weight, glucose levels, you name it. Yet Pollan shows that these convenient "healthy" alternatives to whole foods are appallingly inconvenient: our health as a nation has only deteriorated since we started exiling carbs, fats--even fruits--from our daily meals. His razor-sharp analysis of the American diet offers an inspiring glimpse of what it would be like if we could reconsider what it means to eat well.

**17. The End of Food by Paul Roberts**

-All 3 campuses have copies- HD9000.5R578

-Spring Creek has an Audio book copy

-If you think the biggest food problems you are ever likely to face are safety issues like outbreaks of salmonella (spinach in 2006, tomatoes and jalapeno peppers summer 2008) and the high cost of organic produce, you're woefully naive. The food we eat is part of a global system, one made possible by international trade and transportation systems as well as advances in preservation technologies. And, the author warns, this once promising and plentiful system has become vulnerable, over-extended and inadequate to feed the hungry. This book leaves no doubt that the situation is dire. The enormous challenges involved in conceiving and

constructing a new food system (or even many new, localized food systems) won't be met without active support from an informed public. Reading this book is a good start.

**18. The Healthy Skeptic: Cutting through the hype about your health by Robert J. Davis**

- Spring Creek & Preston Ridge have copies- RA440.5D38

-Davis guides the reader in analyzing and thinking critically about health-related information. Through his research, he exposes the financial ties & personal interests of those who promote products from medicine to diet books and makes us question if we should believe them! A few of the topics addressed include: estrogen replacement therapy, supplements, drug companies, sunscreen protection, celebrity endorsements, anti-aging doctors, and government campaigns on health.

**19. Food Fray: Inside the controversy over genetically modified food by Lisa Weasel**

- Spring Creek & Central Park have copies- TP248.65.F66 W43

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library tab in CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)

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-The author discusses whether genetically modified organisms and foods are safe for both the environment and people. Can GM products solve world hunger and reduce disease? Is corporate greed at the root of our environmental issues? Can GM foods be regulated in ways that protect the public? Weasel interviews scientists, activists, farmers, and consumers to get answers to these questions. If you are curious about the past, present, and future of GM technologies, read this book!

**20. The Unhealthy Truth: How our food is making us sick and what we can do about it by Robyn O'Brien**

- Spring Creek & Central Park have copies- RJ386.5.027

-Robyn O'Brien is not the most likely candidate for an anti-establishment crusade. A Houston native from a conservative family, this MBA and married mother of four was not someone who gave much thought to misguided government agencies and chemicals in our food--until the day her youngest daughter had a violent allergic reaction to eggs, and everything changed. *The Unhealthy Truth* is both the story of how one brave woman chose to take on the system and a call to action that shows how each of us can do our part and keep our own families safe.

**21. Why Calories Count: From Science to Politics by Marion Nestle and Malden Nesheim**

- Spring Creek & Preston Ridge have copies—TX 551 .N3977

-A copy that can be read online is also available. eBooks, then eBook Collection from the Library

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CougarWeb or go to the direct URL below (sign in with CougarWeb username and password)  
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-Calories--too few or too many--are the source of health problems affecting billions of people in today's globalized world. Although calories are essential to human health and survival, they cannot be seen, smelled, or tasted. They are also hard to understand. In *Why Calories Count*, Marion Nestle and Malden Nesheim explain in clear and accessible language what calories are and how they work, both biologically and politically. As they take readers through the issues that are fundamental to our understanding of diet and food, weight gain, loss, and obesity, Nestle and Nesheim sort through a great deal of the misinformation put forth by food manufacturers and diet program promoters. They elucidate the political stakes and show how federal and corporate policies have come together to create an "eat more" environment. Finally, having armed readers with the necessary information to interpret food labels, evaluate diet claims, and understand evidence as presented in popular media, the authors offer some candid advice: Get organized. Eat less. Eat better. Move more. Get political.

## **22. *Salt, Sugar, Fat* by Michael Moss**

-SCC, PRC and CPC have hard copies- RA 784.M638. SCC also has an audio book (same call #)  
-A journey into the highly secretive world of the processed food giants, and the story of how they have deployed the three essential ingredients, sugar, salt, and fat, over the past five decades, to dominate the North American diet.

**Updated 5/28/2013**