

Nutrition Resources

Book Reviews:

NOTICE: Scientific study shows that no one specific “diet” to be superior to any other “diet.” In the end, weight loss involves decreasing caloric intake and this can be done by any number of diets. The best “diet” is the one that works for you and the one that you can stick to most of the time for the rest of your life. Trendy diets may be difficult to sustain over the long term and you should consider this in making your choices.

The following star rating system and reviews are the opinion of Dr. James Martin MD, MPH. They are meant as a tool to help you decide which books may be the most helpful.

Moving Forward: The Weigh to a Healthier Weight; A Primer on Healthy Weight Loss without Rigid Dieting. Kathleen T. Baskett, MD

★★★★

This well organized book is an easy read that is full of the basic information needed to successfully lose weight and keep it off. It provides good advice about things you can do to lose weight and how to get by common challenges such as dealing with special occasions, eating in restaurants and emotion-related eating.

Eat to Lose, Eat to Win. Rachel Beller, MS, RD

★★★★

A well-written book with a diet that emphasizes fiber and vegetables - “flip your meals” from featuring meats to featuring plant-based foods. Follow this diet and you will lose weight. Unlike other authors, Rachel gives some very specific recommendations on which food products to choose and which to avoid.

The Calorie King Calorie, Fat and Carbohydrate Counter.

★★★

A great resource for people who would rather use a book than a computer for counting calories or keeping a diet journal. Included is a good section on foods available at some common fast food and restaurant chains. If you can’t find what you are eating in this book...don’t eat it.

The Mediterranean Diet for Beginners.

★★★★

This simple and brief book outlines one of the healthiest diets studied by science. Good advice is provided as are a number of recipes and daily menu plans to pursue a diet rich in fruits and vegetables along with an emphasis on fish and other sources of healthy fats and oils.

The South Beach Diet Super Charged. Arthur Agatston, MD.

★★★★

A diet that emphasizes eating healthy carbohydrates, this book also incorporates some exercise recommendations which may not be for everyone. The reasons for eating the South Beach diet are explained and a number of recipes and daily menu plan suggestions are included.

The New Atkins for a New You. Eric Westman, M.D. Stephen Phinney, M.D. and Jeff Volek, Ph.D.

★★★

The ultimate carbohydrate-limited diet, this book walks you through the different phases of an Atkin's diet. Say goodbye to sugar and starch! The book includes some helpful tips for eating away from home as well as some recipes and daily menu plan suggestions. For my preference, this diet is a little too strict on limiting fruits and veggies and too lenient on consuming certain fats.

Refuse to Regain. Barbara Berkeley, MD.



This book describes eating a diet based on food people ate as hunter gatherers more than 10,000 years ago, before the development of agriculture. The basic idea is that our genetic development favors a "primarian" diet and this helps prevent weight gain. An interesting read, but a way of eating that may not be for everybody. The book also provides basic information about obesity and metabolism, as well as "12 tough rules" to follow for maintaining weight loss.

Food Rules: A Doctor's Guide to Healthy Eating. Catherine Shanahan, MD



This book is not targeting weight control, but rather what this author feels is a healthy diet. The chapters are somewhat haphazard and loosely organized. The diet encouraged, while healthy, is somewhat trendy and at times (to me) bizarre. The author makes claims, conclusions and assertions not always clearly based on scientific evidence.

FREE Mobile Applications:

Calorie Counter MyNet Diary- Tracks and graphs your calorie and nutrient intake by scanning the bar code of packaged food or searching food items. This app also tracks and graphs exercise.

Restaurant Nutrition-Provides the calorie, carbohydrate, protein, and fat content of the menus of 115+ national restaurants to help you make healthier choices.

Nutritional Websites:

www.ChooseMyPlate.gov Nutrition education, food group information, healthy eating tips, recipes, super tracker and other resources.

www.nutrition.gov US Federal guide offering access to all government web sites with reliable and accurate information on nutrition and dietary guidance.

www.cdc.gov/obesity Public education from the Centers for Disease Control and Prevention. Strategies to combat obesity with links to physical activity and healthy living.

www.obesity.org Public education resource dedicated to obesity for clinicians and consumers alike. Nutritional and physical activity guidance, evidence-based treatments, behavioral counseling, drug therapy and surgery.