

Healthy Eating



http://www.cdc.gov/healthyweight/healthy_eating/

According to the Centers for Disease Control and Prevention, a healthy lifestyle involves many choices. Choosing a balanced diet is the first step. A healthy eating plan should:

- Emphasize fruits, vegetables, whole grains, and fat-free or low fat milk
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Be low in saturated fats, trans fats, cholesterol, salt, and added sugars
- Stay within your daily caloric needs

When it comes to maintaining a healthy weight for a lifetime, the bottom line is, calories count. Weight management is all about balancing the number of calories you consume with the number of calories your body uses or burns. A Body Mass Index, or BMI, calculator can help you determine whether your weight is healthy or not. Here's a link to a BMI calculator: <http://www.cdc.gov/healthyweight/assessing/index.html>

Why should you care about your food choices? Health care professionals have long recognized the benefits associated with a healthy eating plan. Research has shown that as weight increases, the risk of the following conditions also increases:

- Coronary heart disease
- Type 2 diabetes
- Cancers such as endometrial, breast, and colon
- Hypertension (high blood pressure)
- Stroke
- Liver and Gallbladder disease
- Gynecological problems including infertility

Healthy eating is not a diet.

Living a healthy lifestyle means making changes you can live with and enjoy. Let the Akron-Summit County Public Library help you start this journey. The Library has many health and nutrition books, along with cookbooks full of healthy recipes.

Contact the Health Information Center at the Akron-Summit County Public Library for resources. Below is a sample of book titles and websites that will assist you in making good choices.



Akron-Summit County Public Library

Cookbooks:

American Heart Association low salt cookbook: a complete guide to reducing sodium and fat in your diet
641.5632 Am512Ls

Culinary intelligence: the art of eating healthy and really well by Peter Kaminsky
641.5 k15c

The essential low fat cookbook: good healthy eating every day by Antony Worrall
641.5638 T468c

The simple art of EatingWell cookbook: 400 easy recipes, tips and techniques for delicious, healthy meals by Jessica Price and the EatingWell test kitchen
641.555 P945s

Start fresh: your child's jump start to lifelong healthy eating by Tyler Florence
641.5622 F632s

Weight loss/nutrition books: The everything guide to nutrition: all you need to know to keep you and your family healthy by Nicole Cormier
613.2 C811e

Lose weight, live healthy: a complete guide to designing your own weight loss program by Joyce Nash
613.25 N2511

Nutrition and weight management by Lori Smolin
613.2 Sm666nu

Nutrition for dummies by Carol Ann Rinzler
613.2 R584n

Smart chefs stay slim: lessons in eating and living from America's best chefs by Allison Adato
613.2 Ad221s

Healthy Eating Resource Online Websites:

The Center for Disease Control and Prevention

http://www.cdc.gov/healthyweight/healthy_eating/

Fruit and Vegetable Calculator
<http://1.usa.gov/MCnUMA>

Making It Happen-School Nutrition Success Stories
<http://www.cdc.gov/healthyyouth/mih/>

MedlinePlus: A service of the U.S. National Library of Medicine; National Institute of Health
<http://1.usa.gov/TMCBfK>

WebMD
<http://on.webmd.com/TE22Uo>

As with any health-related issue, talk to your doctor or another health professional before making any changes to your diet.



Akron-Summit County Public Library

330-643-9075

Science & Technology Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org

