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ADULTING 101 SERIES

DECEMBER: NUTRITION ON A BUDGET

Reading List:

- *Healthy Eating, a Guide to Nutrition. Nutrition and Weight Management*, Lori A. Smolin, Ph. D, and Mary B. Grosvenor, M.S., R.D.
- *Eating Well for Optimum Health*, Andrew Weil, M.D.
- *Healthy Eating, A Guide to Nutrition*, Toney Allman
- *Food, What the Heck Should I Eat?* Mark hyman, MD
- *Complete Food and Nutrition Guide, 2nd Edition*, Roberta Larson Duyff, MS, RD, FADA, CFCS

Helpful Web Resources:

Updated food chart:

<https://www.choosemyplate.gov/>

Whole Grains Nutrition Information:

<https://wholegrainscouncil.org/>

For more information on how to find these resources, visit the Information desk or book an appointment with a librarian or tech tutor!