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ABSTRACT

This bibliography of publications on nutrition and diet includes materials on the following subjects: diet selection, nutritional content of foods, ingestion, digestion, absorption, transportation, metabolism, utilization of nutrients and food by the cells of the body, excretion, and the results of inadequate, deficient, or excessive nutrient intake. This bibliography lists (1) introductory materials, (2) subject headings, (3) basic texts, (4) additional texts, (5) specialized texts, (6) related texts, (7) handbooks and tables, (8) encyclopedias and dictionaries, (9) bibliographies, (10) reviews and conference proceedings, (11) government publications, (12) abstracting and indexing services, (13) journals, (14) representative journal articles, (15) reports, (16) selected technical reports, (17) selected materials, and (18) additional sources of information. (CW)

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## HUMAN DIET AND NUTRITION Compiled by Kay Rodgers

TB 89-5

July 1989

**SCOPE** Included in the study of nutrition are diet selection, nutrient content of foods, ingestion, digestion, absorption, transportation, metabolism, utilization of nutrients and food by the cells of the body, excretion, and the results of inadequate, deficient, or excessive nutrient intake.

The number of subject headings suggested in this Tracer Bullet is large because of the broad scope of the topic. Separate sections are provided for Handbooks and Tables, Encyclopedias and Dictionaries, and Specialized Texts. The Specialized Texts section allows for the inclusion of publications dealing with aspects of nutrition such as nutrition for various age groups, nutrition under special circumstances (e.g., pregnancy or specific diseases), and nutrition involving individual nutrients (e.g., carbohydrates or fats).

Related titles in the LC Science Tracer Bullet series include Allergy and Asthma (TB 89-7), Diabetes Mellitus (TB 86-6), Edible Wild Plants (TB 84-2), Food Additives (TB 82-1), Health Foods (TB 80-18), Hyperlipoproteinemia (TB 78-9), Hypertension (TB 76-10), Sports Medicine (TB 79-5), Unconventional Sources of Protein (TB 76-5), and Vitamins (TB 78-10). Not meant to be a comprehensive bibliography, this Tracer Bullet is designed--as the name of the series implies--to put the reader "on target."

### INTRODUCTION

Diet. Van Nostrand's scientific encyclopedia. 7th ed. Douglas M. Considine, editor. v. 1. New York, Van Nostrand Reinhold, c1989. p. 881-891. Q121.V3 1989\*

\*Available in reference collection, Science Reading Room

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EOS1523



**SUBJECT HEADINGS** used by the Library of Congress, under which books on human diet and nutrition can be located in most card, book, and online catalogs, include the following:

DIET (Highly relevant)  
DIET IN DISEASE (Highly relevant)  
DIET THERAPY (Highly relevant)  
FOOD--COMPOSITION (Highly relevant)  
NUTRITION (Highly relevant)  
    Also search subdivision NUTRITION under groups of people, e.g. AGED--NUTRITION; ATHLETES--NUTRITION; CHILDREN--NUTRITION; AFRO-AMERICANS--NUTRITION.  
    See also phrase headings, e.g., FIBER IN HUMAN NUTRITION; TRACE ELEMENTS IN NUTRITION; MINERALS IN NUTRITION; VITAMINS IN HUMAN NUTRITION.  
    See also nutritional aspects under topics, e.g., PREGNANCY--NUTRITIONAL ASPECTS.  
NUTRITION POLICY (Highly relevant)  
FOOD HABITS (Relevant)  
NUTRITION DISORDERS (Relevant)  
NUTRITIONALLY INDUCED DISEASES (Relevant)  
CARBOHYDRATE METABOLISM (Related)  
FAT METABOLISM (Related)  
FOOD ADDITIVES (Related)  
MINERAL METABOLISM (Related)  
PROTEIN METABOLISM (Related)  
FOOD SUPPLY (More general)  
METABOLISM (More general)

**BASIC TEXTS**

- Briggs, George M., and Doris Howes Calloway. Nutrition and physical fitness. 11th ed. New York, Holt, Rinehart, and Winston, c1984. 699 p. TX354.B68 1984\*  
    Largely rewritten ed. of L. Jean Bogert's Nutrition and Physical Fitness, 10th ed., 1979.
- Guthrie, Helen Andrews. Introductory nutrition. 7th ed. St. Louis, Times Mirror/Mosby College Pub., 1989. 872 p. TX354.G8 1989\*
- Hamilton, Eva May Nunnolley, Eleanor Noss Whitney, and Frances Sienkiewicz Sizer. Nutrition: concepts and controversies. 4th ed. St. Paul, West Pub. Co., c1988. 736 p. QP141.H34 1988\*  
    Prepared by Eleanor Noss Whitney and Frances Sienkiewicz Sizer.
- Modern nutrition in health and disease. 7th ed. Edited by Maurice E. Shils and Vernon R. Young. Philadelphia, Lea & Febiger, 1988. 1694 p. QP141.M64 1988\*

Stare, Frederick J., and Margaret McWilliams. Living nutrition. 4th ed. New York, Wiley, c1984. 640 p.  
**TX354.S82 1984**

Whitney, Eleanor Noss, and Eva May Nunnelley Hamilton. Understanding nutrition. 4th ed. Revised : Eleanor Noss Whitney with Marie A. Boyle. St. Paul, West Pub. Co., c1987. 1 v. (various pagings) **QP141.W46 1987\***  
5th ed. is in press.

### ADDITIONAL TEXTS

All about vitamins and minerals: key nutrients for optimum health. By the editors of Prevention magazine. Stamford, Conn., Longmeadow Press, c1989. 88 p.  
**RA784.A425 1989**

Boyle, Marie A., and Eleanor Noss Whitney. Personal nutrition. St. Paul, West Pub. Co., c1989. 380 p.  
**RA784.B65 1989**

Cataldo, Corinne Balog, Jacquelyn R. Nyenhuis, and Eleanor Noss Whitney. Nutrition and diet therapy: principles and practice. 2nd ed. St. Paul, West Pub. Co., c1989. 703 p.  
**RM216.C36 1989**

Cornatzer, W. E. Role of nutrition in health and disease. Springfield, Ill., Thomas, c1989. 423 p.  
**RC620.C67 1989\***

National Research Council (U.S.). Committee on Diet and Health. Diet and health: implications for reducing chronic disease risk. Committee on Diet and Health, Food and Nutrition Board, Commission on Life Sciences, National Research Council. Washington, National Academy Press, 1989. 768 p.  
**RC108.N38 1989**

Practical nutrition: a quick reference for the health care practitioner. Edited by Margaret D. Simko, Catherine Cowell, and Maureen S. Hreha. Rockville, Md., Aspen Publishers, 1989. 352 p.  
**RM277.2.P73 1989**

Robinson, Corinne, H., and Emma Seifrit Weigley. Basic nutrition and diet therapy. 6th ed. New York, Macmillan; London, Collier Macmillan, c1989. 531 p.  
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4th ed., 1980, available in LC as RM216.R652 1980.

**SPECIALIZED TEXTS**

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**QP701.C293**
- DeBruyne, Linda K., and Sharon Rady Rolfes. Life cycle nutrition: conception through adolescence. Eleanor Noss Whitney, editor. St. Paul, West Pub. Co., c1989. 402 p.  
**RJ206.D43 1989**
- Fiber in human nutrition. Edited by Gene A. Spiller and Ronald J. Amen. New York, Plenum Press, c1976. 278 p.  
**RM237.6.F54**  
See Topics in Dietary Fiber Research, below, for 1978 supplement.
- Food allergy. Editors, Dietrich Reinhardt, Eberhard Schmidt. Vevey, Nestle Nutrition; New York, Raven Press, c1988. 301 p. (Nestle Nutrition workshop series, v. 17)  
**RC596.F654 1988**
- Garrow, J. S. Energy balance and obesity in man. 2nd ed. completely rev. Amsterdam, New York, Elsevier/North Holland Biomedical Press; New York, sole distributors for the U.S.A. and Canada, Elsevier North-Holland, 1978. 243 p.  
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**NLM Ref**  
1st ed., 1981, available in LC as RT87.N87G73.
- Hodges, Robert Edgar, and Raymond D. Adelman. Nutrition in medical practice. Philadelphia, Saunders, 1980. 363 p.  
**QP141.H52**
- Nizel, Abraham E., and Athena S. Papas. Nutrition in clinical dentistry. 3rd ed. Philadelphia, Saunders, 1989. 465 p.  
**RK281.N58 1989**
- Nutrition, aging, and the elderly. Edited by Hamish N. Munro and Darla E. Danford. New York, Plenum Press, c1989. 395 p. (Human nutrition, v. 6)  
**QP141.A1H84 vol. 6\***
- Nutrition and cardiovascular disease. Edited by Elaine B. Feldman. New York, Appleton-Century-Crofts, c1976. 326 p.  
**RC669.N87**

- Nutrition and the killer diseases. Edited by Myron Winick. New York, Wiley, c1981. 191 p. (Current concepts in nutrition, v. 10) **RC622.N89**
- Nutrition in the elderly. Edited by A. Horowitz, and others. Oxford, New York, Oxford University Press, 1989. 360 p. **RA564.8.N87 1989**
- Peterson, Marilyn Shope, and Keith Peterson. Eat to compete: a guide to sports nutrition. Chicago, Year Book Medical Publishers, c1988. 371 p. **TX361.A8P473 1988\***
- Pipes, Peggy L. Nutrition in infancy and childhood. 4th ed. St. Louis, Times Mirror/Mosby College Pub., 1989. 425 p. **RJ206.P56 1989\***
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A supplement to Fiber in Human Nutrition.
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#### RELATED TEXTS

- Chaudrhi, Rajiv, and C. Peter Timmer. The impact of changing affluence on diet and demand patterns for agricultural commodities. Washington, World Bank, c1986. 64 p. (World Bank staff working papers, no. 785)  
Bibliography: p. 63-64. **HD9000.5.C49 1986**
- Eating habits: food physiology, and learned behaviour. Edited by Robert A. Boakes, David A. Popplewell, and Michael J. Burton. Chichester, Eng., New York, Wiley, c1987. 225 p. **TX357.E28 1987**
- Harrington, Geri. Real food, fake food, and everything in between: the only consumer's guide to modern food. New York, Macmillan, c1937. 381 p. **TX553.A3H37 1987**  
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Hodges, Patricia A. M., and Connie E. Vickery. Effective counseling: strategies for dietary management. Rockville, Md., Aspen Publishers, 1989. 213 p.

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Kittler, Pamela Goyan, and Kathryn P. Sucher. Food and culture in America: a nutrition handbook. New York, Van Nostrand Reinhold, c1989. 384 p.

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**TX551.C74 1976\***

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[3] Baby foods.--[4] Fats and oils.--[5] Poultry products.--[6] Soups, sauces, and gravies.--[8] Breakfast cereals.--[9] Fruits and fruit juices.--[11] Vegetables and vegetable products.--[12] Nut and seed products.--  
[13] Beef products.--[14] Beverages.--[15] Finfish and shellfish products.--[16] Legumes and legume products.  
--[21] Fast foods

CRC handbook of nutrition in the aged. Editor, Ronald R. Watson. Boca Raton, Fla., CRC Press, c1985. 355 p.

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- Nutritive value of foods. Washington, U.S. Dept. of Agriculture, Science and Education Administration; for sale by the Supt. of Docs., U.S. Govt. Print. Off., 1981. 34 p. (Home and garden bulletin, no. 72) **TX7.U6 no. 72, 1981**  
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RA645.N87U55 1989

Prepared under the general editorship of the Dept. of Health and Human Services Nutrition Policy Board.

**ABSTRACTING AND INDEXING SERVICES** that index relevant journal articles and other literature are listed below. Some suggested terms are given as aids in searching.

Applied Science & Technology Index (1913-) Z7913.I7\*

See: All headings beginning Nutrition

Diet  
Food Values  
Low Calorie Food  
Metabolism  
Vitamins

Biological Abstracts (1926-) QH301.B37\*

See: Diet(s)

Dietary  
Dietetic  
Nutrient(s)  
Nutrition  
Nutritional(ly)  
Nutritive

See also names of individual nutrients, vitamins, etc.

Biological & Agricultural Index (1916-) Z5073.A46\*

See: Aged and Old Age Problems--Nutrition

Athletes--Nutrition  
Children--Nutrition  
Diet  
Food Consumption  
Food Habits  
Food Values  
Infants--Nutrition  
Nutrition, Human  
School Children--Nutrition  
Soldiers--Nutrition  
Woman--Nutrition  
Youth--Nutrition

\*Note: Consult reference librarian for location of abstracting and indexing services in the Science Reading Room.

Chemical Abstracts (1907-) QD1.A51\*

(General Subject Index)

See: Diet

Food

Food Analysis

Obesity

See also names of individual nutrients, vitamins,  
etc.

Food Science and Technology Abstracts (1969-) TP368.F678\*

See: Diet

Fibre

Metabolic Disorders

Nutrition

Nutritional Values

General Science Index (1978-) Z7401.G46\*

See: All headings beginning Nutrition

Aged--Nutrition

Cancer--Nutritional Aspects

Children--Nutrition

Diabetes--Nutritional Aspects

Diet

Diet in Disease

Food

Food Values

Heart Diseases--Nutritional Aspects

Malnutrition

Minerals (Food)

Pregnancy--Diet

Starvation

Youth--Nutrition

Hospital Literature Index (1945-) Z6675.E75A5\*

See: Diet Therapy

Diet Services

Food Preferences

Nutrition

Index Medicus (1960-) Z6660.I422\*

See: Headings beginning Diet, Dietary, Food, Nutrition,  
etc.

Magazine Index (1980-) Available on LC computer terminals,  
COM or CD-ROM

See: All headings beginning Nutrition

Deficiency Diseases

Diet

Food

Food Habits

Food Preferences

Malnutrition

Minerals in the Body

Parenteral Feeding

Proteins in Human Nutrition

Magazine Index (1980-) Available on LC computer terminals,  
COM or CD-ROM (Continued)

Sugars in Human Nutrition  
Trace Elements in Nutrition  
Vitamins in Human Nutrition  
See also under Nutritional Aspects of various  
subjects, e.g.,  
Aging--Nutritional Aspects

Monthly Catalog of United States Government Publications  
(1895-) **Z1223.A18\***

See: All headings beginning Food  
All headings beginning Nutrition  
Diet  
Malnutrition  
Obesity  
See also names of individual nutrients, vitamins,  
etc.

Nutrition Abstracts and Reviews (1931-1976) **RM214.N8\***  
Series A: Human and Experimental (1977-) **QP141.A1N86\***

Psychological Abstracts (1927-) **BF1.P65\***

See: Diets  
Eating Patterns  
Food Additives  
Food Allergies  
Food Preferences  
Nutrition  
Nutritional Deficiencies  
Obesity

Readers' Guide to Periodical Literature (1900-) **AI3.R45**

See: Diet  
Digestion  
Eating  
Fasting  
Food  
Food Habits  
Fiber in the Diet  
Iron in Diet  
Meals  
Nutrition  
Nutritionists  
Proteins  
Starvation  
Vitamins  
See also under Nutritional Aspects of various  
subjects, e.g.,  
Cancer--Nutritional Aspects

**JOURNALS** that often contain articles relevant to human diet and nutrition are

American Dietetic Association. Journal RM212.A6  
American Journal of Clinical Nutrition RC584.A5  
British Journal of Nutrition TX501.B75  
Food and Nutrition (FAO) TX341.F89117  
Food and Nutrition (USDA) TX341.F812  
Food Technology TP370.F63  
Journal of Applied Nutrition TX341.J57  
Journal of Clinical Investigation R11.J67  
Journal of Human Nutrition QP141.A1J64  
Journal of Nutrition RM14.J6  
Journal of Nutrition Education QP141.A1J66  
Lancet R31.L3  
New England Journal of Medicine R11.B7  
Nutrition Research QP141.A1N88  
Nutrition Reviews TX341.N85  
Nutrition Society. Proceedings TX501.N9  
Nutrition Today RA784.N85  
World Review of Nutrition & Dietetics QP141.A1W59

**REPRESENTATIVE JOURNAL ARTICLES**

- Applegate, Liz I. Eat, drink and be faster. Runner's world, v. 24, May 1989: 20, 22. GV1061.R8336
- Culliton, Barbara J. NAS weighs in with 7-lb. diet guide. Science, v. 243, Mar. 10, 1989: 1282-1283. Q1.S35
- Food, nutrition, and aging: behavioral perspectives. American behavioral scientist, v. 32, Sept./Oct. 1988: whole issue (88 p.) H1.A472
- Harper, Alfred E. Killer french fries. The Sciences, v. 28, Jan./Feb. 1988: 21-27. Q1.S8147
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- Hynak, Mary Therese, and others. Nutritional and pulmonary function assessment in patients with chronic obstructive lung disease. Nutrition research, v. 1, no. 5, 1981: 461-466. QP141.A1N88
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- Larsen, Bryant. National Research Council adds its voice to campaign for a more healthy US diet. JAMA, the journal of the American Medical Association, v. 261, Apr. 14, 1989: 2019-2020. **R15.A48**
- Mertz, Walter. The essential trace elements. Science, v. 213, Sept. 18, 1981: 1332-1338. **Q1.S35**
- Naidu, A. Nadamuni, M. C. Swaminathan, and B. S. Narasinga Rao. Effect of nutritional deprivation in early childhood on later growth--a community study without intervention. American journal of clinical nutrition, v. 34, Aug. 1981: 1636-1637. **RC584.A5**
- Ostenso, Grace L. 24th Lenna Frances Cooper memorial lecture: nutrition--policies and politics. In American Dietetic Association. Journal, v. 88, Aug. 1988: 909-915. **RM214.A6**
- Position of the American Dietetic Association: vegetarian diets. In American Dietetic Association. Journal, v. 88, Mar. 1988: 351-355. **RM214.A6**
- Progress toward meeting the 1990 nutrition objectives for the nation: nutrition services and data collection in State/territorial health agencies. American journal of public health, v. 77, Mar. 1987: 299-303. **RA421.A41**
- Ricciuti, Henry N. Adverse environmental and nutritional influences on mental development: a perspective. In American Dietetic Association. Journal, v. 79, Aug. 1981: 115-120. **RM214.A6**
- Rodale, Robert. Eating for whole health. Prevention, v. 41, Apr. 1989: 28, 30. **RA421.P68**

**REPORTS** and other types of literature are indexed in the following guides:

Government Reports Announcements and Index (1946-)  
**Z7916.G78\***

See: All headings beginning Food  
Eating Habits  
Diet(s)  
Nutrient Analysis  
Nutrients  
Nutrition  
Nutrition Instruction  
Nutritional Deficiency Diseases  
Nutritional Value

Scientific & Technical Aerospace Reports (1963-) TL500.S35\*

See: Diets  
Food  
Nutrition  
Nutritional Requirements

**SELECTED TECHNICAL REPORTS**, sold by the National Technical Information Service, Springfield, Virginia 22161, include the following:

Askew, Eldon W. Nutrient requirements for high stress environments. Natick, Mass., U.S. Army Research Institute of Environmental Medicine, Apr. 1988. 18 p.  
AD-A194-595\*\*

Clinical testing of infant formulas with respect to nutrition suitability for term infants. Prepared for Food and Drug Administration, Washington, DC. Elk Grove Village, Ill., American Academy of Pediatrics, June 1988. 36 p.  
PB89-125918\*\*

Designing foods: animal product options in the marketplace. Washington, Committee on Technical Options to Improve the Nutritional Attributes of Animal Products, National Research Council, Board on Agriculture, Apr. 1988. 385 p.  
PB88-240023\*\*

Faden, Ruth R. Determinants of infant feeding: breast vs bottle. Baltimore, School of Hygiene and Public Health, Johns Hopkins University, June 1988. 80 p.  
PB88-239660\*\*

Guidelines for the evaluation of the safety and suitability of new infant formulas for feeding preterm infants. Prepared for Food and Drug Administration, Washington, DC. Elk Grove Village, Ill., American Academy of Pediatrics, Aug. 1988. 31 p.  
PB89-125926\*\*

Health and nutrition: collection of vital statistical data on Hispanics. Washington, Human Resources Division, U.S. General Accounting Office, 1988, 28 p. AD-A192-364\*\*  
"HRD-88-68BR."

Hoyt, Reed W. Nutritional implications of high-tech foods: should combat rations be high fat or low fat? Natick, Mass., Research and Development Associates, Inc., Oct. 1988. 12 p.  
AD-A201-494\*\*

\*\*Available in Technical Reports Collection, Science and Technology Division

- Singh, A., and others. Nutritional status of land-based U.S. Navy divers. Bethesda, Md., Naval Medical Research and Development Command, 1988. 11 p. AD-A201-255\*\*  
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- Smoak, B. L., and others. Changes in nutrient intakes of conditioned men during a 5-day period of increased physical activity and other stresses. Bethesda, Md., Naval Medical Research and Development Command, 1988. 7 p. AD-A205-684\*\*  
Reprinted from European Journal of Applied Physiology and Occupational Physiology (v. 58, 1988, p. 245-251).
- Stadler, Connie R., and others. Space shuttle--food system summary 1981-1986. Washington, National Aeronautics and Space Administration, Dec. 1988. 335 p. (NASA technical memorandum, 100469) N89-14693\*\*
- Strauss, J. Effects of household and community characteristics on the nutrition of preschool children. Washington, International Bank for Reconstruction and Development, 1988. 55 p. (Living Standards Measurement Study Working Paper, no. 40) PB88-212881\*\*
- Szeto, Eileen G., Thomas B. Dugan, and Jeanne A. Gallo. Assessment of habitual diners nutrient intakes in a military-operated garrison dining facility Ft. Devens I. Natick, Mass., U.S. Army Research Institute of Environmental Medicine, Nov. 1988. 52 p. AD-A206-224\*\*
- Szeto, Eileen G., Jeanne A. Gallo, and Kenneth W. Samonds. Passive nutrition intervention in a military-operated garrison dining facility Ft. Devens II. Natick, Mass., U.S. Army Research Institute of Environmental Medicine, Jan. 1989. 61 p. AD-A206-550\*\*

**SELECTED MATERIALS** available in the Science Reading Room pamphlet boxes include:

- Atkinson, Richard L. The future direction of nutrition research: science, public health, public policy. The Journal of nutrition, v. 119, Apr. 1989: 669-670.  
Appears in section: Issues and Opinion in Nutrition.
- Harris, Edward D. The future direction of nutrition research: five issues confronting nutrition research. The Journal of nutrition, v. 119, Apr. 1989: 671-673.  
Appears in section: Issues and Opinion in Nutrition.

Irving, Holly Berry. Infant nutrition: research and reference materials 1984-1987. Bethesda, Md., National Agricultural Library, Feb. 1988. 45 p. (Quick bibliography series, QB88-30)

----- Iron and human nutrition: research and reference materials 1983-1987. Bethesda, Md., National Agricultural Library, Feb. 1988. 35 p. (Quick bibliography series, QB88-28)

Luft, Friedrich C. Dietary sodium, potassium and chloride intake and arterial hypertension. Nutrition today, v. 24, May/June 1989: 9-14.

Moss, Abigail J., Alan S. Levy, Insum Kim, and Youngmee K. Park. Use of vitamin and mineral supplements in the United States: current users, types of products, and nutrients. Hyattsville, Md., U.S. National Center for Health Statistics, 1989. 20 p. (Advance data from Vital and Health Statistics of the National Center for Health Statistics, no. 174)

#### **ADDITIONAL SOURCES OF INFORMATION**

American Dietetic Association  
216 West Jackson Boulevard  
Chicago, Illinois 60606  
Telephone: (312) 899-0040

American Home Economics Association  
1555 King Street  
Alexandria, Virginia 22314  
Telephone: (703) 706-4600

American Institute of Nutrition  
9650 Rockville Pike  
Bethesda, Maryland 20014  
Telephone: (301) 530-7050

American Society for Parenteral and Enteral Nutrition  
8605 Cameron Street  
Silver Spring, Maryland 20910  
Telephone: (301) 587-6315

Consumer Nutrition Center  
U.S. Department of Agriculture  
Room 368-Federal Building  
6505 Belcrest Road  
Hyattsville, Maryland 20782  
Telephone: (301) 436-8457

Food and Nutrition Information Center  
Technical Information Systems  
National Agricultural Library, Room 304  
10310 Baltimore Boulevard  
Beltsville, Maryland 20705  
Telephone: (301) 344-3719

Institute of Food Technologists  
221 North LaSalle Street, Suite 2120  
Chicago, Illinois 60601  
Telephone: (312) 782-8424

North American Vegetarian Society  
Information Department  
P.O. Box 72  
Dolgeville, New York 13329  
Telephone: (518) 568-7970

Nutrition Foundation, Inc.  
Office of Education and Public Affairs  
888 17th Street, N.W.  
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SNE Resource Center  
2140 Shattuck Avenue, Suite 1110  
Berkeley, California 94704  
Telephone: (415) 444-71334