This publication contains abstracts of books, articles, and research studies on the subject of adult patient nutrition. The materials offer dietary guidelines for mature individuals with a variety of ailments. The citations in this bibliography were entered in the "Agricola" database between January, 1979 and October, 1989. (JD)
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AGRICOLA

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ADULT/PATIENT NUTRITION EDUCATION MATERIALS

SEARCH STRATEGY

S1  18206  (ALCOHOL OR WELLNESS OR DIABETES OR DIET OR DIETING OR EXERCISE OR FITNESS)/TI,DE
S2  28675  (WEIGHT()CONTROL OR OBESITY OR WEIGHT()REDUCTION OR NUTRITION OR EATING OR MISINFORMATION OR QUACKERY)/TI,DE
S3  13117  (STRESS OR SNACK? ? OR RENAL OR ULCER OR HEMODIALYSIS OR KIDNEY OR VEGETARIAN OR VEGETARIANISM OR FOOD()ALLERGY)/TI,DE
S4  19671  (HEART()DISEASE OR FAT OR CHOLESTEROL OR DIETARY()GUIDELINES OR SODIUM OR SALT OR HYPERTENSION)/TI,DE
S5  9334   (HIGH()BLOOD()PRESSURE OR ELDERLY OR SHOPPING OR LABELS OR LABELING OR FAST()FOOD OR DENTAL()HEALTH OR FIBER OR ANOREXIA OR BULIMIA)/TI,DE
S6  77553  S1 OR S2 OR S3 OR S4 OR S5
S7  11341  S6 NOT DT=ARTICLE
S8  4749   S7 AND SF=FNC
S9  946    S8 AND (ADULT()EDUCATION OR PATIENT()EDUCATION OR IL=GENERAL OR IL=ADULT OR COLLEGE()LEVEL OR COLLEGE()AGED OR CONSUMER()EDUCATION
S10 877    S9 NOT (IL=JUVENILE OR IL=PRIMARY OR IL=SECONDARY OR IL=ELEMENTARY OR JUNIOR()HIGH OR HIGH()SCHOOL OR PRIMARY()GRADES OR SECONDARY()GRADES OR MIDDLE()SCHOOL.
S11 528    S10 NOT (FOOD()SERVICE OR FOOD()PROCESSING OR SOFTWARE OR POPULAR()WORKS OR WIC OR MATERNAL OR PREGNANCY OR INFANT OR CHILD?)
S12 1443   DT=INSTRUCTIONAL OR DT=KIT OR DT=MEDIA OR DT=MOTION OR DT=POSTER
S13 711    DT=OTHER ACCOMPANYING MATERI OR DT=POSTERS OR DT=RECORDING OR DT=SLIDE
S14 65     DT=SLIDES OR DT=TRANSPARENCY OR DT=VIDEO OR DT=Videocassette
S15 1305   DT=Videorecording OR DT=VIDEOTAPE OR DT=AV OR DT=CHART OR DT=FILMSTRIP
S16 25     DT=FLIP CHART OR DT=GAME
S17 2319   S12 OR S13 OR S14 OR S15 OR S16
S18 1603   S17 AND SF=FNC
S19 342    S18 AND S18
S20 186    S18 NOT S18
S22 55     S20 AND PY=1982:1989
BOOKS AND PRINT MATERIALS
problems have a pathological need to be

... information on anorexia and bulimia,

Addresses and telephone numbers are

... themselves as anything but fat.

... thin, coupled with an inability to

... by self-induced vomiting or by taking

Bulimia sufferers alternately binge, and

... by normal dieting to lose weight.

... adolescent girls, usually precipitated

... eat, which can result in extreme weight

... loss. It is primarily a disease of

adolescent girls, usually precipitated

by normal dieting to lose weight.

Bulimia sufferers alternately binge, and

... then purge themselves of ingested food

by self-induced vomiting or by taking

laxatives. Victims of these 2 eating

problems have a pathological need to be

thin, coupled with an inability to see

themselves as anything but fat.

Addresses and telephone numbers are

included for 3 organizations for further

information on anorexia and bulimia.

(wz)
topics (e.g., to assist the proper selection of: a physician, allied health services, drugs, medications, food, home, health goods, etc.). Detailed chapters cover the consumer and nutrition, consumer protection legislation, and consumer health education. Consumer skills are fostered by value clarification exercises found throughout each of the 16 chapters. (nw)

0007


Abstract: A guide for nutrition educators summarizes 3 contemporary topics in nutrition: sodium, cholesterol and fat, and refined sugar/caloric sweeteners. In each case facts are presented and recommended dietary changes made by professional groups are reported. Master copies of 10 consumer education handout materials are included. These are designed to reinforce the material in the guide. They may be used singly or in combination with any others in the set. (emc)

0008


Abstract: Four culinary workshops that demonstrate weight reduction principles are outlined in these materials from the Consulting Nutritionists of Central Illinois, Inc. Workshop topics include: 1) slimming with soups and salads, 2) enchanting entrees, 3) the slim and sensuous vegetable, and 4) the perfect dessert. Background information is presented on 1) workshop topics, objectives, and goals for participants, 2) general principles of weight loss, and 3) ways to make dieting interesting when preparing and eating meals. The importance of maintaining blood glucose levels during weight reduction and the high-protein diet myth are discussed. Recipes provided or class preparation are complete with nutrition information on the calorie, protein, carbohydrate, fat, and cholesterol content per serving.

0009


Abstract: Principles and applications of the American Heart Association's (AHA) progressive approach to the treatment of hyperlipidemias are outlined in this manual for nutrition therapists. Components of the AHA therapy process discussed in some detail include 1) the initial patient assessment (i.e., dietary, behavioral, medical), 2) the 3-phase nutritional therapy program, 3) implementation of the new eating pattern and 4) adherence assessment. The dietary approach for hyperlipidemia is based on 3 basic dietary prescriptions that provide three different levels of saturated fat, polyunsaturated fat, and dietary cholesterol. Low-calorie patterns of 1200, 1500, and 2000 calories have been designed for each level. Guidelines are provided for selecting the appropriate food pattern for an individual and for evaluating a pattern's effectiveness after a period of time. Commonly encountered problems with patients and suggested strategies are presented. An appendix provides descriptions of and shows the nutrient content of selected foods in the following food composites: alcohol, bread, cereal, and starchy foods; eggs; fat; fruit; meat, poultry, and seafood; meatless alternatives; milk and cheese; modified fat desserts; quick breads; sweets; vegetables. Additional appendices show 1) uses and steps in calculating the food record rating score, 2) a sample diet food record and food score tally form, and 3) general references on cardiovascular disease.

0010


Abstract: The technical development of the food guidance system presented in the nutrition course offered by the American Red Cross is described in this report. The purpose of the course is to enable the consumer to make wise personal food decisions based on current concepts of nutrition for health promotion. The food guidance system organizes information about food and nutrition so that it can be applied to making food selections that promote health. The framework for this system is groups of foods categorized by the nutrients they contain. The first step in the development of the system was the establishment of goals and objectives which specified the desirable levels of nutrients and other food components in one's diet. The framework for the system is described: major food groups, serving sizes and number, nutrient adequacy, and food sources of specific nutrients. The food guidance system also includes information on food sources of fat, cholesterol, sodium, and sweeteners. Menus for 10 days are included, as well as suggestions for adapting them to

2

11
different energy and nutrient needs. Many tables that are supplied to the students are included. (as)


Abstract: Background and guidance information is presented to assist lay people in understanding the complexities of their diabetes and in controlling it through improved nutritional practices. Numerous medical facts associated with patients having preventable and postponable illnesses are presented. Factual data (e.g., medical research data concerning malnutrition and malabsorption) are discussed and practical information (e.g., sexual problems of the obese and diabetic) is presented. Contrary to the popular belief that heredity plays a major role in causing this non-curable disease, personal experiences (case histories) are described that illustrate the author's theory that 91% of all cases of adult-onset diabetes are caused by the typical high-fat, high-sugar, low fiber Western diet. Hence, the majority of adult diabetes cases are preventable, reversible, or controllable through dietary modification. (wx)

0012 Diabetes care & freedom zones /developed by the Winnebago/Omaha Diabetes Project. Winnebago, NE: Winnebago/Omaha Diabetes Project, 1986. 1 p. : 22 cm. (NAL Call No.: DNAL E75.45 no.A-49)

Abstract: This poster from the Winnebago/Omaha Diabetes Project categorizes diabetic patients in the 1) caution zone, 2) danger zone, or 3) extreme danger zone based on a number of factors related to diabetes care. Factors include blood sugar levels, body weight, nutrition, medication, food intake, exercise level, self-care, clinic attendance, hospitalization, amputations, vision, and kidney failure.


Abstract: Advice and information is offered to assist diabetics and those who work or live with a diabetic in living as normal a life as is possible while following a difficult regimen to control the disease. The history, nature, and effects of diabetes are discussed as well as the best methods of testing sugar levels, adjusting insulin dosage, handling emergencies, and controlling the disease through diet and exercise. Recent scientific advances such as the insulin infusion pump and home blood-sugar testing kits are described. Early signs of diabetic coma and hypoglycemia are identified so those around the diabetic can be aware of physical changes that could signal a developing problem. Nonmedical information is provided on insurance, jobs, education, driving, and laws affecting diabetics. (abc)


Abstract: The current state of knowledge on a wide variety of characteristics related to the management of diabetes mellitus is presented in 57 chapters, prepared by numerous medical experts, as reference materials for physicians, clinicians, and other health professionals. Included are discussions on the basic metabolic problems associated with diabetes the physiologic and molecular action of insulin, the interrelationships and possible role of hormones in diabetes and the genetics of type I and II diabetes. Recent concepts concerning the action of oral hypoglycemic agents and the evaluation of oral agents also are described. The significance of trends in the management of the pregnant diabetic and new therapeutic modalities in the complications of diabetes are covered. Practical guidelines are given concerning patient education and management, economic aspects, home glucose monitoring, and nutritional management of diabetes are reported. (wz)

0015 Diabetes mellitus /written by: Judith S. Pearson ; illustrations by: Dawn Countryman. -. Pearson, Judith S. Watertown, Conn.: Mercy Hospital of Watertown, 1983.

"February, 1983."- Includes list of resources and glossary. 1 v. (various pagings): ill., forms ; 28 cm. (NAL Call No.: DNAL RC662.P4).

Abstract: The management of diabetes mellitus is outlined in this comprehensive guide to help patients control their diabetes and supplement education provided by health care professionals. Aspects of diabetes that are overviewed include the definition and characteristics of insulin-dependent and non-insulin-dependent diabetes, risk factors for disease development, symptoms, and treatment. Diet-related topics include 1) the basic food groups and nutrients they provide, 2) meal planning using the food exchange system, 3) portion control, 4) weight control, 5) weight control, and hypoglycemic agents and different types, strengths, and dosages.
of insulin are described. Short-term (hypoglycemia, hyperglycemia, ketoacidosis, coma) and long-term complications of uncontrolled diabetes are reviewed. Additional topics include personal hygiene (i.e. foot, skin, dental, eye care) and special situations such as sick days, travel, and physical and emotional stress. Helpful features include 1) food exchange lists for the milk, vegetable, fruit, bread, meat, fat, and other groups; 2) exchange conversions for alcoholic beverages, desserts, ethnic foods, fast foods, prepared foods; 3) descriptions of methods for calculating food exchanges from food labels or recipes; and 4) records for wine and blood testing. A glossary and list of references (organizations, books, cookbooks, magazines) are included. (aje)


Abstract: A variety of articles and publications related to the role of diet in the management of hypertension are presented in this bibliography developed by the High Blood Pressure Information Center of the National Institutes of Health. Categories of factors related to hypertension are given. Articles are provided include 1) diet (general and review articles), 2) sodium, 3) sodium and potassium, 4) potassium, 5) obesity, 6) cholesterol, blood lipids, and dietary fats, 7) calcium, 8) other dietary factors (e.g. magnesium, chloride, fiber, trace metals, garlic, protein) and 9) dietary management. Types of reference included in addition to journal articles are monographs and bibliographies, specialized journals and newsletters, and consumer resources for diet information. (aje)


Abstract: The booklet describes the nutritional value and uses of over 20 fruits available in the Marianas Islands. Bar graphs illustrate the percent of the RDA calorie and major nutrient requirements provided by each fruit. Recipes and serving suggestions are offered. (jes)


Includes bibliographies. (NAL Call No.: DNAL TX531.E22).

Abstract: This book is a composite of information regarding the vast variety of food contaminants and food additives. An introduction, written by Ralph Nader, addresses the need for increased regulatory enforcement of food products. There is a flood of pollutants, animal drug residues, chemical additives, and unsanitary conditions which contaminate the lengthy food chain from the fields and ranches to the marketplace and, finally, the dinner table. Nader argues that food safety laws are weak and underused. This resource book of selected readings responds to those who wish to know more about the hazards in our food and what can be done about them. People can organize to support government and community initiatives to insure that their food is safer.


Abstract: The 6 basic food exchange lists, incorporating modifications reflecting current thinking in the area of nutrition education, are described for diet counselors. Exchange list modifications include addition of non-fat, low-fat, and whole milk to the milk exchanges; inclusion of all vegetables except starchy vegetables, and listings of half-cup servings averaging 25 calories, for vegetable exchanges; inclusion of starchy vegetables under bread exchanges; inclusion of medium- and high-fat meats and other protein-rich foods under meat exchanges; and revision of fat exchanges to show content of saturated and polyunsaturated fats. An explanation of exchange lists, their usefulness in promoting good health, a balanced nutritious diet, and their application to meal planning is described. Formats for daily meal design, definitions of terms, and weight-volume-length conversion tables are also provided. Large print is used throughout to assist the visually handicapped.


Abstract: Designed for patients who have a stress-related illness, this booklet is a guide to relaxation and stress reduction. It teaches such relaxation skills as diaphragmatic breathing, calming down using self-suggestion, progressive muscular relaxation, meditation, and imagery. Other practices discussed which aid relaxation include...

Abstract: The Dietary Guidelines for Americans, a series of nutrition recommendations developed by the U.S. Departments of Agriculture and Health and Human Services, are the focus of this workbook from the Allegheny County Health Department. The Dietary Guidelines are: 1) Eat a variety of foods; 2) Maintain desirable weight; 3) Avoid too much fat, saturated fat, and cholesterol; 4) Eat foods with adequate starch and fiber; 5) Avoid too much sugar; 6) Avoid too much sodium; and 7) If you drink alcoholic beverages, do so in moderation. Chapter features include recipes, self-assessment exercises, food selection and preparation suggestions, and various additional learning activities. The workbook is designed for use as a self-instruction course or as the text for a nutrition education course for consumers.


Abstract: A manual on workshop format for nutritionists, dietitians, and other health professionals to use in assisting patients to reduce cardiovascular risk is a product of a pilot series of nutrition counseling workshops developed jointly by the American Heart Association and the National Heart, Lung, and Blood Institute. Major topics include: nutritional assessment and (food record) monitoring techniques; counseling skill development techniques; and group counseling guidelines. A tabulation of resources for counselors and information on patient education materials are appended. (wz)


Abstract: The Dietary Guidelines for Americans, a series of nutrition recommendations developed by the U.S. Departments of Agriculture and Health and Human Services, are the focus of this workbook from the Allegheny County Health Department. The Dietary Guidelines are: 1) Eat a variety of foods; 2) Maintain desirable weight; 3) Avoid too much fat, saturated fat, and cholesterol; 4) Eat foods with adequate starch and fiber; 5) Avoid too much sugar; 6) Avoid too much sodium; and 7) If you drink alcoholic beverages, do so in moderation. Chapter features include recipes, self-assessment exercises, food selection and preparation suggestions, and various additional learning activities. The workbook is designed for use as a self-instruction course or as the text for a nutrition education course for consumers.
Abstract: A spiral-bound, purr-size question-answer book containing 96 "trivia" questions designed for health care professionals to clarify nutritional misconceptions and provide information on basic concepts in their nutrition management. The questions are multiple-choice, and are equally divided among 6 categories, viz.: protein, potassium, phosphorus, sodium, fluid, and miscellaneous. The questions are listed in order of increasing difficulty within each of the categories. The book can be used as a game to test the knowledge of patients, with the suggestion that wrong answers be reviewed with the patient's renal dietitian.

0026
How healthy is your diet?
Chicago, Ill.: Great Performance, Inc., 1986. 1 chart: col.: 61 x 46 cm. (NAL Call No.: DNAL Graphic no. 15) Abstract: The importance of moderation and variety in a balanced diet and guidelines for making healthy food selections are described in this colorful poster from Great Performance, Inc. Components of a healthy diet--vitamins, minerals, liquids, fiber, and protein--and food sources of each are discussed. Guidelines for determining an individual's caloric needs, and recommendations for controlling dietary fat and sugar are also provided.

0027
How sweet is it? CSPI's sugar scoreboard.
Washington, D.C.: CSPI, 1985. 1 chart: col.: 61 x 46 cm. (NAL Call No.: DNAL Graphic no. 159) Abstract: The sugar contents of a wide variety of food products are presented on this poster from the Center for Science in the Public Interest. Types of foods include beverages, cereals, cakes, candies and candy bars, condiments, cookies, dairy products, fruits and vegetables, pies, and other desserts and snacks. Sugar contents are shown as added teaspoons per serving and as percentage of total calories. Background information on different types of sugars, ways to reduce sugar intake, and artificial sweeteners is also provided.

0028
Hypertension control for nurses and other health professionals.
Kocher, Mahendra S., 1943-; Woods, Karyn D. New York: Springer Pub. Co., c1985. x, 339 p. 23 cm. Includes bibliographies and index. (NAL Call No.: DNAL RC685.H8K62 1985) Abstract: The incidence, causes, risks, and control of hypertension are discussed in this resource manual directed toward nurses, practitioners and other allied health professionals. Topics include 1) the epidemiology of hypertension, 2) the pathophysiology of essential and secondary hypertension, 3) pharmacological management of hypertension (diuretics, sympathctic inhibitors, vasodilators, renin-angiotensin inhibitors, calcium blockers), 4) evaluation of the hypertensive patient (history, physical examination, laboratory results). Hypertensive patient treatment and follow-up. Aspects of coping with counseling process and the nurse's role and responsibilities are outlined. The challenge of patient noncompliance and a multidisciplinary approach to patient education are explored. Recommendations for organization of a clinic, effective hypertension detection and treatment, and for hypertension screening and treatment programs at the work-site are described. Appendices present 1) quality assurance nursing outcomes for hypertension counseling, 2) a hypertension patient education series, and 3) hypertension learning resources.

0029
Managing stress: a guide for health professionals / Rita E. Numerof. Numerof, Rita E. Rockville, Md: Aspen Systems Corp. 1985. Includes index. xlii, 350 p.: ill. 24 cm. Bibliography: p. 317-333. (NAL Call No.: RA965.3.N8 F&N B-3687) Abstract: The physiological, social and emotional effects of stress on individuals and the implications of these on health care organizations are examined. Before institutions can effectively manage stress, non-work-related stresses and individual and professional socialization experiences must be analyzed. Coping strategies and tactics are recommended. This book is divided into 3 major sections. Part I explores general sources and socioemotional components of stress; Part II more specifically addresses the sources and impact of stress on physicians, nurses and health care administrators; and Part III, delves into recognizing signs of stress, (burnout, drug addictions), organizational response (preventive and control mechanisms), and personal response (stress reduction techniques). Appendices include stress system and coping strategy assessment instruments. (kbc)

0030

Abstract: This monograph is intended to help registered dietitians understand the process of individualizing the meal plan to meet the diabetic patient's nutritional, social, and medical needs. It also attempts to provide the dietician with a better understanding of the various meal planning approaches now available. Meal planning approaches include: personal theory and process in diabetes education; basic diabetes diet guidelines; menu approaches to meal planning; food exchange list approaches; and calorie counting and total available glucose. Illustrations are included.


Abstract: A college level nutrition textbook provides nutrition information and guidelines for the practising health care professional. The text may be used for both basic dietetics as separate courses when nutrition is integrated with other courses or a nutrition source book. The material is organized into 4 major sections: 1) promoting normal nutrition; 2) relationships of nutrients to body structure and functions; 3) comprehensive guidelines and information for nutritional care; 4) nutrition interventions for meeting special needs: alteration in digestion and absorption, alterations in fluid and electrolyte balance; alterations in levels of CHO, protein and/or fats, critical care nutrition and nutrition and chronic illness. A variety of tabular references are included as well as detailed descriptions of modified diets. Specific points are highlighted throughout the text. (wz)


Abstract: A basic nutrition text is designed to help the general public recognize accurate nutrition information. The relationships of cholesterol and fat to heart disease; salt to hypertension; and caffeine, saccharin, and sodium nitrite to cancer are explained. Other topics include: the physiological and psychological factors that influence food habits, how to change eating behavior; the body's energy needs; the causes of obesity; nutrient functions and sources; and how to read nutritional food labels. The text is divided into 8 parts with an appendix that contains a list of reliable nutrition information sources, nutritive value of foods, and RDA's. (kbc)


Abstract: The nutritional needs and dietary goals for patients on continuous ambulatory peritoneal dialysis (CAPD) are outlined in this manual from the Jewish Hospital at Washington University Medical Center. An introduction addresses the function of CAPD, dietary goals for patients, protein and calorie needs, the importance of regular exercise, effects of dialysate glucose content on appetite, the need for water-soluble vitamin and mineral supplementation, and dietary modification to decrease serum cholesterol and triglyceride levels. Guidelines are provided for weighing and measuring foods and clinical dialysis dietetics as separate courses when nutrition is integrated with other courses or a nutrition source book. The material is organized into 4 major sections: 1) promoting normal nutrition; 2) relationships of nutrients to body structure and functions; 3) comprehensive guidelines and information for nutritional care; 4) nutrition interventions for meeting special needs: alteration in digestion and absorption, alterations in fluid and electrolyte balance; alterations in levels of CHO, protein and/or fats, critical care nutrition and nutrition and chronic illness. A variety of tabular references are included as well as detailed descriptions of modified diets. Specific points are highlighted throughout the text. (wz)

Abstract: A loose-leaf study guide for hypertensive patients, and for dietitians, nutritionists and nurses interacting with such patients, provides information covering an 8-week course focused on long-term nutritional counseling that can bring about significant dietary changes among hypertensive patients. Attention is given to patient objectives, teaching tips, patient individual and group activities, recipes, and individual dietary analysis. Following an introduction on the "basics" of hypertension, the guide of six individual sections covering nutrients or dietary factors that affect hypertension and blood pressure control (sodium; salt: potassium; calcium; fats; carbohydrates: weight control). A selection of appropriate recipes is included, and a bibliography and list of available resources materials are appended.


Abstract: A pamphlet presents answers to 18 common questions about body weight, salt intake, and high blood pressure for the general public. High blood pressure can lead directly to conditions that often kill or disable such as heart attack, stroke, and kidney disease. Lower weight means lower blood pressure for most people; eating less salt (sodium) and less high-sodium foods means lower blood pressure for some people. While maintaining correct body weight has not been proven to prevent high blood pressure, it can reduce the risk. A reasonable intake of sodium for an average person is 2 grams, or about 1 teaspoon of salt per day. (wz)


Abstract: Questions often asked about salt are presented. A brief statement about the importance of salt is made, then 10 questions are answered, e.g., what is the daily salt requirement? Seventeen types of salt are defined (e.g., pretzel salt - a salt), and additional references available from the Salt Institute are listed. (kbc)


Abstract: This educational packet was designed to assist nutrition educators/health professionals to identify the advertising techniques used in common health quackery. The information packet includes: lesson plans for professional and consumer audiences with guidelines to incorporate audio-visual materials; a worksheet for lesson development; support materials to be reproduced; overviews, presentation outlines; and pre- and post-test for consumers. Six clues for identifying nutrition misinformation presented in the program are: 1) testimonials; 2) exaggerated claims or impressive language; 3) avoidance of certain foods; 4) quick and easy cures; 5) guilt and fear tactics; and 6) excessive criticism. A recommended audio-visual material to complement this program is a slide series entitled "Nutrition: An American Bestseller" and can be ordered from a form enclosed. Various articles enclosed are about nutrition quackery from FDA Consumer, National Dairy Council, Allegheny County (Pennsylvania) Health Department, to provide supplementary information.


Abstract: A handbook for shoppers identifies brand name main-dish foods that are low in fat and would be suitable for use on low-fat, low-cholesterol or prudent diets. The approximate sodium and calorie content of most foods is given along with guidelines for selecting a low-fat, low-cholesterol meals. Foods are categorized by meal (e.g., egg substitutes for breakfast), and pictures of the product or brand are provided. (kbc)

Straight talk about salt: what you should know about salt and sodium in your diet / with a table of the sodium and calorie values of more than 300 common foods. / developed by The Salt Institute in cooperation with the U.S. Department of Health, Education, and Welfare Administration and the National High Blood Pressure Education Program).
0041

Weight busters a teacher's manual / written by Melanie Keaton and Kimberly Coy DeCoste


Bibliography: p. 81-82. (NAL Call No.: DNAL RM222.2.K43).

Abstract: Weight Busters is an 8-week weight loss program involving a multi-faceted approach. Exercise, relaxation training, self-image enhancement, eating behaviors, food demonstrations and social interactions are addressed in the program. Weight loss classes are limited to 16 participants and were designed to last 1 1/2 hours each. This teacher's manual includes lesson plans, optional lesson plans, recipes, and resources and references. The Weight Busters program was designed by the Lexington-Fayette County Health Department of Kentucky.

0042


Abstract: Four culinary workshops promoting wellness concepts and principles are outlined in these materials from the Consulting Nutritionists of Central Illinois, Inc. Workshop topics include 1) meatless and nutritious main dishes, 2) making the best of fish and fowl, 3) salads and vegetables, and 4) satisfying your sweet tooth sanely. Background information is presented on 1) workshop topics and goals for participants, 2) wellness principles and concepts, 3) recipe modifications to reduce sugar and salt intake, and 4) guidelines for selecting fats and oils. Recipes provided for preparation in class include nutritional information on the calorie, protein, carbohydrate, fat, and cholesterol contents per serving.

0043

Winding your weigb down taking steps toward lifetime weight control : the teacher's manual / by Olga Satterwhite and Alice Wood.


Abstract: This weight loss program includes a teacher's manual and a student's workbook. The program incorporates behavior modification techniques, exercise, stress management and sound nutrition principles and was designed to be taught for 8 consecutive weeks with supplementary materials to extend the program to 10-12 weeks. The teacher's manual has 5 main sections: the 8-week diet and nutrition program; and references and teaching aids. The student workbook includes a class schedule, a presentation of each class, supplementary materials, a food plan, the exercise and stress management program, and recipes for main dishes, vegetables, dairy foods, and fruits and foods on the go.

0044

Winding your weight down taking steps toward lifetime weight control : the student's workbook / by Olga Satterwhite and Alice Wood.


Abstract: This weight program includes a teacher's manual and a student's workbook. The program incorporates behavior modification techniques, exercise, stress management and sound nutrition principles and was designed to be taught for 8 consecutive weeks with supplementary materials to extend the program to 10-12 weeks. The teacher's manual has 5 main sections: the 8-week diet and nutrition program; follow-up lesson plan; the food plan; exercise and stress management program; and recipes for main dishes, vegetables, dairy foods, and fruits and foods on the go.

0045

Your basic guide to nutrition / Frederick J. Spire and Virginia Aronson ; edited by Stephen Barrett. --.


Abstract: Basic nutrition facts and information on current nutrition related
topics are presented in the form of a reference guide on nutrition for laypeople. Topics include: how to ensure a balanced diet; practical guidelines for weight control; nutritional tips for teenagers; how to properly evaluate nutrition information provided by the food industry; and information on a variety of current topical nutritional concerns (vitamin and mineral supplements; food additives; vegetarian diets; health foods; junk foods; fast foods; sugar requirements and misconceptions; fluid intake needs; and the interactive roles of diet in cardiovascular disorders and cancer). A 1-week sample diet and a detailed glossary of definitions of nutrition terms are appended. (wz)
Addanki, Sam. 11
Aronson, Virginia.-Barrett, Stephen. 45
Baren, Martin.-Dewan, Sat Paul. 33
Consulting Nutritionists of Central
Illinois, Inc. 42
Corry, James M. 6
Crowley, Merrily Forbes. 32
DeCoste, Kim Coy. 41
Delhey, Diane. 25
Duncan, Theodore G. 13
Ellenberg, Max.-Rifkin, Harold. 14
Fortun, Michael. 18
Frederico, Catherine Bricker.-McKenna, Kevin. 25
Haabestad, Lisa M. 22
Holli, Betsy E. 5
Hulley, Stephen B. 30
Keaton, Melanie. 41
Kocher, Mahendr S.,. 28
McDaniel, Hazel. 39
Mitchell, Peggy J. 34
Noir, Virginia. 3
Numerof, Rita E. 29
Osborne, Nancy E. 21
Pearson, Judith S. 15
Raab, Constance.-Tillotson, Jeanne L. 24
Raab, Constance.-Tillotson, Jeanne L. & A
manual on nutrition counseling for the
reduction of cardiovascular disease
risk factors. 23
Rockwell, Robert E. 21
Satterwhite, Olga. 43, 44
Schiraldi, Glenn R. 20
Scott, Lynne. 9
Stare, Fredrick John. 45
Suitor, Carol Jean West. 32
Tillotson, Jeanne L. 30
Wenck, Dorothy A. 33
Williams, I. Clay.-Kim, Sooja K 35
Williams, Lucy M. 35
Wood, Alice. 43, 44
Woods, Karyn D. 28
1943-. 28
AUDIOVISUALS
discussed. To choose a nutritious list.

fiber; and contains a short ingredient

an other people around the world are

common breakfast foods eaten by American

carbohydrates and vitamin C. The most

consists of a variety of foods high in

one which is low in fat and sodium and

Abstract: A healthy nutritious breakfast

is described in this video recording as

The best breakfast. 

Lake Zurich, IL : The Learning Seed Co.,
c1987. Date on label is c1988. 1
videocassette (VHS) (25 min.) : col.
1/2 in. + guide + 3 masters. (NAL Call
No.: DNAL Videocassette no. 375).

Abstract: A healthy nutritious breakfast
is described in this video recording as

one which is low in fat and sodium and

consists of a variety of foods high in

carbohydrates and vitamin C. The most

common breakfast foods eaten by American

an other people around the world are

discussed. To choose a nutritious

cereal, one should select one that is

low in sugar, fat and sodium; high in

fiber; and contains a short ingredient

list.

Better breakfasts and brunches produced
by RMI Media Productions, Inc.

Paine, Harriett. Kansas City, Mo. RMI
Media Productions, Inc. 1983. Sound
accompaniment for automatic operation.
1 cassette (17 min.) + instructor's
manual. --. (NAL Call No.: TX652. C611
no. 2 F&N AV).

Abstract: Guidelines for preparing a
nutritious breakfast or brunch are
offered. Detailed instructions are
presented for the preparation of
omelets, biscuits, and cereals (e.g.,
oatmeal), and for the selection of
various breakfast items (e.g., fruit
juices). Particular attention is given
to cooking with less fat, sugar, and
salt. Commentary on the nutritional
value of the recipes is given
throughout. (wz)

Better breakfasts and brunches produced
by RMI Media Productions, Inc.

Paine, Harriett. Kansas City, Mo. RMI
Media Productions, Inc. 1983. Sound
accompaniment compatible with manual
and automatic operation. 1 filmstrip (78
fr.) : col. : 35 mm. + 1 sound
cassette (17 min.) + instructor's
manual. --. (NAL Call No.: TX652. C611
no. 2 F&N AV).

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various breakfast items (e.g., fruit
juices). Particular attention is given
to cooking with less fat, sugar, and
salt. Commentary on the nutritional
value of the recipes is given
throughout. (wz)

Bulimia the binge-purge obsession /Norman
Baxley and Associates, Inc.; producer,
director, Eugene Ferraro; content
consultant, Anita Siegman.

Siegman, Anita. Champaign, Ill.: Research

Copyright held by NBA -EFFA.
Videocassette (VHS) (20 min.) : sd.
col. : 1/2 in. (NAL Call No.: DNAL
Videocassette no. 393).
Various accounts of the feelings and obsessions of bulimics are reviewed in this video cassette tape. The definition of bulimia, binging and purging are discussed. A group discussion involving women with bulimia and a counselor is presented.

0008
Calorie control presented by the Nutrition Education Center.


Sound accompaniment compatible for manual and automatic operation.-

Library's set lacks slide no. 32, 33 slides : col. + 1 sound cassette (9 min. : 1 7/8 ips., mono.). (NAL Call No. : DNAL Slide no.213 F&N).

Abstract: In order to lose, gain, or maintain weight, calories must be counted. To facilitate this process, a calorie point system was developed by the Nutrition Education Center in Kansas which affords the participant the opportunity to select foods. With 75 calories equaling one point, the amount and type of food affects the point value of the food. How to read handouts illustrating the program are reviewed in the cassette/slide presentation. Sample foods are shown as well as methods for determining amounts. Label reading for caloric content and dining out tips are also discussed. Success for the program is summarized as follows: count points with wise food selections; keep food activity records; and do not anticipate more than 1/2 to 1 pound of weight loss per week.

0009
The challenge of choice Marion J. Franz, Betsy Kerr Hedding.

Franz Marion J., Hedding, Betsy Kerr.


Sound accompaniment compatible for manual and automatic operation. 60 slides : col. + 1 sound cassette (28 min. : 1 7/8 ips., mono.) + script. (NAL Call No. : DNAL Slide no.268).

Abstract: Relationships among dietary factors and various diseases, and recommendations for eating a healthier diet are discussed in this slide/audio cassette program. The program was developed by the International Diabetes Center and Park Nicollet Medical Foundation for SHAPE, a health promotion program. Changes in the eating habits and patterns of Americans over the last 100 years are reviewed. The role of selected dietary factors (fat, saturated fat, cholesterol, excessive calories, salt, alcohol) in chronic diseases such as heart disease, stroke, diabetes, cirrhosis, cancer, obesity, and osteoporosis is examined. The following dietary recommendations are presented for decreasing one's risk for developing certain diseases: 1) achieve and maintain desirable body weight by adjusting calorie intake and physical activity; 2) eat more starches, fiber, and naturally occurring sugars; 3) reduce consumption of refined sugars and sweets; 4) reduce total fat (especially saturated fat) and cholesterol intake; and 5) decrease consumption of salty foods and use less in cooking and at the table.- Practical food selection and preparation guidelines are provided for implementing each dietary recommendation.

0010
A change of plate: how to reduce fat and calories when choosing and using meat.


1 videocassette (VHS) (12 min.) ; sd., col. ; 1/2 in. + 1 study guide (16 p. ; 26 cm.). (NAL Call No. : DNAL Videocassette no.296).

Abstract: Practical suggestions for reducing total calories and fat when making meat selections are provided in this educational kit from the National Live Stock and Meat Board. Kit components include 1) a leader's guide with references and a step-by-step teaching plan, 2) reproducible masters for activity sheets and take-home materials, 3) 3-dimensional meat models (hamburger patty, sliced beef, pork chop), 4) a plastic dinner plate, 5) a flip chart that supports lesson material, 6) an order from for slides that accompany the kit, and 7) an evaluation form. The program is designed with an introductory module and 4 additional modules that examine such topics as lean cuts of meat, how to estimate portion sizes, low-fat meat preparation methods, and the nutritional value of meat. Modules can be used individually or taught as a unit.

0011
Cholesterol control.

Chicago, IL : Great Performance, c1987.

1 videocassette (VHS) (12 min.) ; sd., col. ; 1/2 in. + 1 study guide (16 p. ; 26 cm.). (NAL Call No. : DNAL Videocassette no.296).

Abstract: Practical suggestions for controlling blood cholesterol levels are offered in this videotape and accompanying manual from Great Performance, Inc. Background information is provided on the definition, functions, and type (high-density lipoprotein, low-density lipoprotein) of cholesterol. The importance of knowing one's personal blood cholesterol level is emphasized. Five basic skills that can help maintain a healthy heart by controlling blood cholesterol are discussed: 1) cutting back on dietary fat and cholesterol, 2) eating more dietary fiber, 3) preparing nutritious foods, 4) exercising regularly, and 5) losing excess body fat. Guidelines on food choices, food preparation methods, and exercise habits that promote a healthy heart are provided.

0012
Common sense snacking produced by RMI Media Productions, Inc.


Abstract: Food preparation techniques and ideas to reduce fat, sugar and salt in snack foods are provided to assist consumers in complying with the 7 dietary guidelines published in USDA’s “Nutrition and Your Health.” Guidance is offered in the selection of healthy snacks and beverages from the basic 4 food groups. Recipes are given. (kbc)

0013
Common sense snacking produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (108 fr.) : col. ; 35 mm. + 1 sound cassette (24 min.) + instructor’s manual. --. (NAL Call No.: TX652.C61 no. 6 F&N AV).
Abstract: A kit is designed to help the general public avoid falling victim to sales trickery, mail order fraud, chain letters, con games, the self-improvement exploitation industry, and self-cure medical quackery. Common examples of such cons and frauds are illustrated and discussed, and instructions are provided for avoiding them. (wz)

0014
Cons, quacks and frauds. (Kildeer, Ill.) The Learning Seed Company c1982. Sound accompaniment compatible with manual and automatic operation. Includes booklet: Nine faces of quackery. 2 filmstrips (188 fr.) : col. ; 35 mm. + 2 sound cassettes (33 min.) + 1 teacher’s guide + 33 booklets + 3 spirit masters. (NAL Call No.: HF582.C65 F&N AV).
Abstract: A kit is designed to help the general public avoid falling victim to sales trickery, mail order fraud, chain letters, con games, the self-improvement exploitation industry, and self-cure medical quackery. Common examples of such cons and frauds are illustrated and discussed, and instructions are provided for avoiding them. (wz)

0015
Controlling diabetes through diet & exercise.
Abstract: Recommendations for controlling diabetes in adults stress the importance of a well balanced diet and regular exercise. Food from the four food groups and important daily vitamin, mineral, and water intakes for anti-cancer nutrients are given and the nutrient values of fat, fiber, selenium, ascorbic acid, and vitamin A in a variety of foods are presented.

0016
Abstract: A laminated wall chart summarizes information and data about recommended nutritional factors for reducing cancer risks, based on the most reliable scientific research findings. Dietary factors that may reduce the risk of certain cancers include reduced fat and alcohol intakes and increased fiber, selenium, ascorbic acid vegetable, and vitamin A intakes. Certain food contaminants and additives, coffee, and charcoal broiled or smoked foods may also present cancer risks. Recommended intakes for anti-cancer nutrients are given and the nutrient values of fat, fiber, selenium, ascorbic acid, and vitamin A in a variety of foods are presented.

0017
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment for automatic operation only. 70 slides : col. + 1 sound cassette (16 min.) + instructor’s manual. --. (NAL Call No.: TX552.C611 no. 7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar, and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies, and cakes. Many of an individual’s favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given.

0018
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (70 fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + instructor’s manual. --. (NAL Call No.: TX552.C611 no. 7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar and salt content for those who want to reduce the consumption of these substances. Various desserts are demonstrated including pies, cookies, and cakes. Many of an individual’s favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given.

0019
DeLIGHTful desserts produced by RMI Media Productions, Inc.
; Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (70 fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + instructor’s manual. --. (NAL Call No.: TX552.C611 no. 7 F&N AV).
Abstract: Recipes for special occasions have been modified in fat, sugar and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies, and cakes. Many of an individual’s favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given.
fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + instructor’s manual. --. (NAL Call No.: TX652.C61 no.7 F&N AV).

Abstract: Recipes for special occasions have been modified in fat, sugar, and salt content for those who want to reduce consumption of these substances. Various desserts are demonstrated including pies, cookies, and cake. Many of an individual’s favorite recipes also can be modified and adjusted by making the ingredient substitutions suggested and following the guidelines given. (kbc)

0020

Diabetes and complications focus on living. --. Venice, Calif. : Oracle Film & Video, 1984. Title from data sheet. 1 film reel (23 min.) : sd., col. ; 16 mm. + 1 leader’s guide. (NAL Call No.: DNAL Motion picture picture no.48 F&N)

Abstract: A group of nine diabetic individuals discusses the problems, complications, and feelings associated with the disease. The film highlights the psycho-social impact that complications such as neuropathy, nephropathy, and retinopathy have on the individuals and their families. The important role a positive attitude plays in a successful adaptation to further health loss, and some forms of coping with the emotional stress are presented. Encouragement is given by discussion of new technologies and improved blood gencose control. A discussion guide is included with the film. (ls)

0021


Abstract: The relationship of diet in the development and promotion of cancer is explored in this videotape. Cancer "promoters" (ie fats, charcoal cooking) and "inhibitors" (beta-carotene, Vitamin C) found in foods are presented. Dr. T Colin Campbell of Cornell University and Dr. Mark Hegstead of Harvard Medical School discuss the importance of diet in the prevention of cancer. The National Academy of Sciences’ Report- Diet, Nutrition and Cancer. and the 4 major dietary guidelines for Americans are: eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate amounts of starch and fiber; avoid too much sugar; avoid too much salt; and moderate alcohol intake. Nutritional advice to help consumers comply with the guidelines are given. Recipes are prepared that comply with each specific guideline. (kbc)

0022


Abstract: This videotape is a fitness program by Sharon Wood entitled "Dimension In Fitness." designed for the viewer to perform while watching the tape. An exercise class does a variety of music accompanied exercises. A booklet is included with the program and provides a 7 day, 1200 kilocalorie sample menu. The main objective of the program is to achieve behavior modification and to get the viewer to adhere to a long-term, healthful, weight reduction program. (ls)

0023


Seven dietary guidelines issued by the USDA and US Dept. of Health and Human Services are discussed. The 7 dietary guidelines for Americans are: eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate amounts of starch and fiber; avoid too much sugar; avoid too much salt; and moderate alcohol intake. Nutritional advice to help consumers comply with the guidelines are given. Recipes are prepared that comply with each specific guideline. (kbc)

0024

Eat well be well presented by Metropolitan Insurance Companies, with Helen Hatton. --. Hatton, Helen. New York : Metropolitan ; Evanston, Ill. distributed by Journal Films, Inc., c1983. "Prepared in consultation with the Nutrition Coordinating Committee of the National Institutes of Health"-cover of discussion guide.- Produced by Amram Nowak Associates, under a grant from the Metropolitan Life Insurance Company. 4 videocassettes (105 min.) : sd., col. ; 3/4 in. + 1 recipe booklet, 3 discussion guides (NAL Call No.: DNAL Videocassette no.42 F&N). 

Abstract: A 4 part videotaped nutrition education series based on the 7 dietary guidelines emphasizes variety and moderation in food consumption. and contains realistic nutrition goals. Each segment discusses selected nutrition and health questions related to specific guidelines. A home economist demonstrates recipes that fall within the guidelines. goals for low dishes, snacks or desserts. An accompanying guide contains the recipes demonstrates along with a nutrient analysis of the recipes. (kbc)
Eating well is well produced by Amram Nowak Associates.


Abstract: This series of 26 individual nutrition education messages is based on the 7 U.S. Dietary Guidelines. Each nutrition message is enhanced by a recipe that is low in fat, cholesterol, sodium and sugar. At the end of each message the 7 dietary goals are given. 1) Avoid too much sugar. 2) Avoid too much fat. 3) Avoid too much cholesterol. 4) Eat foods high in fiber and complex carbohydrates. 5) Avoid too much alcohol. 6) Avoid too much sodium. 7) Watch your weight. Recipes may be requested from the sponsor. (kbc)

Eating for sport California State University, Los Angeles, Home Economics Department. --. ; McWilliams, Margaret. Los Angeles, Calif.: The Dept., 1984. "Produced by Instructional Media Services, California State University, Los Angeles." 1 videocassette (28 min.): sd., col.; 3/4 in. (NAL Call No.: DNAL FNC TX361.ABE33 F&N AV).

Abstract: After several athletes tell what they eat before competition, Dr. William Evans, of Tufts University, talks about caffeine and its relation to athletic performance. He advocates a diet rich in carbohydrates, and limited in fat and large quantities of sodium.

Responding to questions from athletes, Dr. Evans comments on the use of fructose, glycogen loading, electrolyte loss and replacement, the negative effects of dehydration, and fluid replacement. Mr. y Clark, a registered dietitian specializing in sports nutrition, gives general dietary advice for athletes, and specifically addresses food intake on the day before and day of competition. (emc)

Eating out produced by RMI Media Productions, Inc.


Abstract: Suggestions and guidelines (using USDA's "Nutrition and Your Health" pamphlet) for choosing nutritious meals are presented for eating in various situations: in restaurants, fast-food outlets, school and company cafeterias, from vending machines, and at a friend's home. It is stressed that knowing how to choose a well balanced diet is important even when eating away from home. (kbc)

Eating out produced by RMI Media Productions, Inc.

: Paine, Harriett. Kansas City, Mo. RMI Media Productions, Inc. 1983. Sound accompaniment consists of a video manual and automatic operation. 1 filmstrip (65 fr.): col.; 35 mm. + 1 sound cassette (18 min.) + instructor's manual. --. (NAL Call No.: TX652.C61 no. 8 F&N AV).

Abstract: Suggestions and guidelines (using USDA's "Nutrition and Your Health" pamphlet) for choosing nutritious meals are presented for eating in various situations: in restaurants, fast-food outlets, school and company cafeterias, from vending machines, and at a friend's home. It is stressed that knowing how to choose a well balanced diet is important even when eating away from home. (kbc)

Eating right research/script Claire Prieto, Donna MacDonald; photography Roger McIntyre. --. ; Prieto, Claire. MacDonald, Donna. Ontario? : Ryerson Polytechnical Institute, 1983. "Produced by Immigrant Women's Centre and Ryerson Polytechnical Institute." 139 slides: col. + 1 sound cassette (12 min.). (NAL Call No.: DNAL Slide no. 98 F&N AV).

Abstract: The universal need for the same nutrients, regardless of the kinds of food eaten or the customs surrounding them, is taught by comparing the meal plans of people from different countries: Portugal, Jamaica, Italy, Latin America and Vietnam. Five women and their families and friends show how the foods selected come from the basic food groups, even though they look quite different. All of the families have had the recommended quantities by the end of the day. An accompanying resource booklet provides the script for the slide-tape presentation, a list of materials for the background information on the interrelationships of food, nutrition and culture, the social history of food and culture and ethnic cuisine. The bibliography includes citations for basic nutrition information, sources of teaching aids that could be adapted for use with immigrant groups, and sources of information that have been translated.
into various languages. (emc)

0031
Endocrine and metabolic effects of alcohol
Robert Adler. --.
Abstract: This slide presentation is part 6 of a series on the effects of alcohol use on medical consequences. The highlights of this unit include 25 slides on the effects of alcoholism on the endocrine system. Four major areas are covered by this program, including alcohol and gonadal function, alcohol and thyroid function, alcohol and adrenal function, and alcohol and other endocrine and metabolic effects. Biomedical diagrams, graphs, and charts provide information at a professional level. A leader's guide includes abstracts of each slide. (ls)

0032
Exchange lists for meal planning produced by The International Diabetes Center ; Marion J. Franz. / Franz, Marion J. Minneapolis, Minn. : The Center, 1986. 8 slides ; col. + 1 sound cassette (36 min. : 1/8 ips., mono.). (NAL Call No.: DNAL Slide no.259).
Abstract: Guidelines for using the 1986 Exchange Lists in planning diabetic diets are provided in this slide/audio-cassette program developed by the International Diabetes Center in Minneapolis, Minnesota. An introduction discusses the digestion and utilization of the energy-providing nutrients-proteins, carbohydrates, and fats. The symptoms, treatment, and complications of both Type I and Type II diabetes are discussed. The rationale behind the food exchange groupings (meat, milk, fruit, vegetables, bread/starch, fat) and the nutrient composition of each exchange are examined. Sample foods included in each exchange and serving sizes for each food are presented. Some typical combination foods are broken into their exchange components. The importance of individualizing the diabetic's meal plan to suit his/her personal lifestyle is emphasized.

0033
Fast food
Lake Zurich, IL : Learning Seed, 1986. 1 videocassette (VHS) (17 min.) : col. ; 1/2 in. : 1 guide/script. (NAL Call No.: DNAL Videocassette no.378).
Abstract: This video program teaches one how to maintain a balanced diet when selecting fast foods. The difference between junk and fast foods is discussed, various types of fast foods are examined from a nutritional viewpoint and recommendations are made to assist one in selecting a balanced meal guide with scripture, a fast food quiz and answer sheet, a fast food review sheet, a fast food calorie, fat, and sodium guide; background reading on hamburger vs. chicken, and an article on "Fast Food" are included.

0034
Fat and cholesterol comparison charts visual aid for diet instruction.
Abstract: An instructional kit to aid dietitians in providing visual, factual information to patients who need to restrict their dietary fat and cholesterol intakes. Contains 8 removable hard cardboard charts and a summary master table of additional information. Five of the charts, each representing a different food group (meat, fish, and poultry; milk, cheese, and eggs; breads and cereals; fats and condiments; and snacks), provide information on fat (g/serving) and cholesterol (mg/serving) levels for different food choices within the food group in an easily read bar graph format. In addition, the food bars given on the 5 food group charts are color-coded, with green, yellow, and red designating "go," "caution," and "stop" food choices, respectively. The remaining 3 charts contrast low fat and cholesterol menus with high fat and cholesterol menus for breakfast, lunch, and dinner. The levels used for fat and cholesterol in the 3 charts were taken from 7 USDA Handbooks (Handbooks 8-1, 8-4, 8-5, 8-6, 8-10, 8-11, and 456) and the text, "Dictionary of Sodium, Fats, and Cholesterol." Additional information and guidelines are given in the accompanying summary master table.

0035
Fat stuff presented and produced by WGBH Boston in association with American Health.
Deerfield, IL : Distributed by MTI Film & Video, c1987. "Sponsored by the makers of NutraSweet.". 1 videocassette (VHS) (30 min.) : sd., col.; 1/2 in. (NAL Call No.: DNAL Videocassette no.251 F&N).
Abstract: Various types and sources of dietary fat and practical guidelines for moderating fat intake are reviewed in this video program that is part of the Bodywatch series hosted by Dr. James Duke and American Health magazine. Current levels of fat in the American diet, and fat's role in enhancing the aroma and taste of foods are discussed. Health risks associated with an excess of dietary fat include obesity, heart disease, diabetes, and certain cancers. Normal fat and cholesterol metabolism, and the process of atherosclerosis are described. Characteristics and food sources of different types of fats (polyunsaturated, monounsaturated, saturated) are identified, including "hidden fats" found in many snack foods, cereals, dairy products, and fast foods. Examples of reduced-fat products recently introduced in supermarkets are shown. Guidelines are provided for making fast food selections that are moderate in fat.--An exercise program that can be used in conjunction with a...
reduced-fat diet to control obesity is outlined.

**0036**

The Fats of life. Kildeer, Ill.: The Learning Seed Co., c1985. Title on wall chart: Eating for a healthy heart. 1 videocassette (VHS) (40 min.): sd., col.: 1/2 in. + 6 teaching guide sheets + 1 wall chart + (NAL Call No.: DNAL Videocassette no. 306 1985). Abstract: A calculator, quiz reviews, tips for reducing reading food labels, study sheets, and a healthy heart poster all accompany this videocassette designed to teach about fats before hardened habits and hardened arteries set in. Saturated, unsaturated, polyunsaturated fats, cholesterol, fat-heart disease links, cancer-fat links, common fat sources in food, and controlling fat in the diet are the major topics presented in a clear, basic manner. The companion teaching guide contains the tape script plus copies of the other materials. (jdb).

**0037**

Fear of fats Churchill film; producer, Robert B. Churchill; director, Judy Reidell. Los Angeles, CA: Churchill Films. 1987. 1 film reel (26 min.): sd., col.: 16 mm. + 1 discussion guide. (NAL Call No.: DNAL Motion picture no.220). Abstract: This film discusses the current preoccupation with being thin in contrast with the fashions and trends of other time periods. The possibility of this preoccupation leading to an eating disorder is presented. The film also focuses on 5 young women recovering from eating disorders (overeating, anorexia nervosa, and bulimia). The objectives of the film are to increase awareness of social pressures dictating how the body should look to be attractive, to encourage acceptance of body types, to persuade against dieting for weight control unless eating habits are changed, to provide a warning that a preoccupation with food can lead to an eating disorder, to exhibit the effects of anorexia nervosa, bulimia and overeating have on the body. A discussion guide is also provided.

**0038**

Focus on food showCalifornia State University, Los Angeles; with Margaret McWilliams and Holly Heller. : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container: 1 videocassette (28 min.) : sd., col.: 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 13). Abstract: Two nutritionists discuss the principles of good nutrition and plan a weight loss menu for one day. Dr. Frederick Stare discusses the need for fiber in the diet. In a market scene, breakfast cereal selections are discussed by one of the nutritionists; and preparation of a quick, low-calorie lasagna, is demonstrated. Dr. Susan Calvert discusses recent books on nutrition support for hospital patients. In a final segment, the meals planned in the opening segment are shown. (emc)

**0039**

Focus on food showCalifornia State University, Los Angeles; with Margaret McWilliams and Holly Heller. : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container: 1 videocassette (28 min.) : sd., col.: 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 10). Abstract: In a dialogue between 2 nutritionists, a dinner menu for a local Rotarians is planned around the 4 Basic Food Groups. Dr. Frederick Stare discusses soft margarines. At a grocery store, fresh frozen and canned are compared in cost, package size, store specials, name brands vs. store brands and generics. The preparation of muffins, a pear dessert, and a cream soup are demonstrated. Dr. Susan Calvert discusses thinness, anorexia, and anorexia nervosa. The nutritionists review the meal planned and display the finished meal components. (emc)

**0040**

Focus on food showCalifornia State University, Los Angeles; with Margaret McWilliams and Holly Heller. : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container: 1 videocassette (28 min.) : sd., col.: 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 13). Abstract: Two nutritionists discuss the value of fish in a low calorie diet, and plan meals for one day. Fruits and vegetables are stressed by Dr. Frederick Stare in comments about food in relation to heart disease. In a grocery store segment, a nutritionist discusses the various kinds of milk available and the relation of fat content to price. A low fat meal using fish as an entree is prepared by the 2 nutritionists. Dr. Susan Calvert addresses nourishment of sick people with prosperity feedings and nutritional assessment. The final segment shows the meals planned in the opening segment. (emc)

**0041**

Focus on food showCalifornia State University, Los Angeles; with Margaret McWilliams and Holly Heller. : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories.- Number of show on container: 1 videocassette (28 min.) : sd., col.: 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 7). Abstract: The daily requirements necessary to sustain a healthy person in optimum physical condition can be obtained in a single day's worth of well-planned meals. Dr. Frederick Shore discusses vitamin supplements vs a balanced diet. While the menu for the day is discussed, prepared and
displayed. The purpose of nutrition and ingredient food labeling is discussed against the background of a supermarket, where various labels are examined. Dr. Susan Calvert, in an interview, considers the regulation of food additives and chemicals. (emc)

0042
Focus on food show California State University, Los Angeles; with Margaret McWilliams and Holly Heller. -- : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories. -- Number of show on container. 1 videocassette (28 min.): sd., col. : 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 3).
Abstract: Two nutritionists plan meals for an elderly man, emphasizing the need for milk and ascorbic acid. Betty Howlin, of the American Dietetic Association, speaks about the need for calcium to prevent osteoporosis. She suggests some milk substitutes that supply moderate amounts of calcium. In the produce section of a market the nutritionist points out sources of ascorbic acid. The nutritionists prepare a dinner menu with a fish entree, buttermilk biscuits, rice pilaf and a sliced orange salad. Dr. Susan Calvert and a nutritionist discuss nutrition for the elderly and the diminished metabolism that comes with aging. The meals planned in the opening sequence are reviewed and displayed. (emc)

0043
Focus on food show California State University, Los Angeles; with Margaret McWilliams and Holly Heller. -- : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories. -- Number of show on container. 1 videocassette (28 min.): sd., col. : 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 2).
Abstract: Two nutritionists, in answer to a letter requesting this information, plan meals based on the 4 Basic Food Groups. In an interview, Dr. Helen Guthrie, author of an introductory nutrition textbook, talks about the nutritional role of fruits and vegetables in the diet. In a market sequence, a nutritionist gives suggestions for purchasing meat and fish. The nutritionists prepare a lunch of fishburgers and coleslaw. Dr. Susan Calvert, in an interview, talks about how to make the best food selections at fast food restaurants and when dietary supplement may be appropriate. The final scene is a display and review of the meals planned in the opening sequence. (emc)

0044
Focus on food show California State University, Los Angeles; with Margaret McWilliams and Holly Heller. -- : McWilliams, Margaret.-Heller, Holly. Los Angeles, Calif.: The University, 1983. Produced under a grant from Ross Laboratories. -- Number of show on container. 1 videocassette (28 min.): sd., col. : 3/4 in. (NAL Call No.: DNAL FNC TX355.F55 F&N AV no. 4).
Abstract: Patients with heart disease may need to restrict their intake of certain types of food. To show how these may be incorporated into the diet, 2 nutritionists plan menus for one day. Dr. Helen Guthrie points out the types of milk available and the nutritional need for milk. In a market sequence, a nutritionist talks about different types of cheese and how some have been modified for certain nutritionally restricted diets. The nutritionists prepare cheese chowder, toast, and a spinach salad. Dr. Susan Calvert talks with a nutritionist about the NIH cancer studies examining the relationship between nutrients and malignancies, and the importance of maintaining body
A low-cancer risk recipe book, and a teacher's guide, to help so in moderation. A teacher's guide, to help reduce these risks. These dietary guidelines by the National Academy of Sciences and the National Cancer Institute are: maintain a normal body weight; eat fat and sodium intake; eat foods high in fiber, carbohydrates, and vitamins A and C; eat charcoal-broiled foods in moderation; and if one drinks alcoholic beverages, do so in moderation. A teacher's guide, a low-sodium risk recipe book, and a guide to food choices are included.
excess sodium intake; and moderate alcohol consumption. The rationale for each of these guidelines is discussed. The guidelines are not recommended for people who must adhere to special diets. (wz)

0053
A Good diet for the later years.- Title on cover: Nutrition in later years.- Title on teacher's guide: Nutrition in the later years.- Series title on guide: Dietary health education for the elderly.- Sound accompaniment compatible with manual or automatic operation. 80 slides: col. + 1 sound cassette (15 min.) + 1 teacher's guide + 1 script + 50 handouts. (NAL Call No.: DNAL FNC TX361.A3N812 F&N AV). Abstract: An audiovisual instructional aid for senior citizen centers, nursing homes, homes for the aged, and adult education classes, outlines the 4 basic food groups and how older people can fulfill the recommended daily requirements for needed nutrients. Recommendations for resolving special problems that older people encounter in attempting to achieve these requirements (e.g.: food costs; lower food consumption; meal preparation time) are outlined and illustrated. The kit is comprised of a 15-minute audiocassette having both automatic and manual cueing to a set of 80 color slides. Following this presentation, participants should be able to describe the food groups and their role in health maintenance, and understand the roles of a balanced diet and dietary supplements in later years. A participant handout illustrating food servings for each of the food groups and the nutrition and health benefits of each group is included. (wz)

0054
A guide to healthy marketing and eating out.- Los Angeles : National Health Video, c1986. Cassette title: Label reading, marketing and eating out.- Container title: Marketing, dining out, food label reading.- Spine title: Low-calorie dining-1 videocassette (VHS) (16 min.) : sd., col. ; 1/2 in. + recipe book. (NAL Call No.: DNAL Videocassette no.412). Abstract: This video cassette tape from National Health Video, Inc. presents tips on food selections while eating out and grocery shopping. Eating out and still eating healthy in an Italian restaurant is discussed. Healthy suggestions (foods low in sodium, fats and cholesterol) are given on alcoholic beverages, soups, salad dressings, sauces, entrees, and desserts are provided. Shopping guidelines are given in a grocery store setting. Appropriate number of servings to eat daily of a variety of foods, lower fat and calorie food alternatives to purchase, and label reading are discussed.

0055
Health in the later years Churchill Films.- Los Angeles, Calif. : Churchill Films 1983. Intended audience: College students and adults.- Title on container: Be well, health in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: RA777.6.H4 F&N AV). Abstract: Comedy vignettes convey general information on the main health concerns for people over 60. Aging is shown as a natural process with unique challenges and rewards. The following topics are covered: aging myths; loss of health and vigor; monitoring complaints; preventive health care (nutrition, exercise, and stress reduction); visits to the doctor; medications; smoking and alcohol use; and ways to change unhealthy habits. (kbc)

0056
Health quackery: fact or fraud? /produced for the Program Department, AARP by Merrick Communications. --, Washington, D.C. : American Association of Retired Persons, c1985. Sound accompaniment compatible for automatic and manual operation. 76 slides : col. + 1 sound cassette (12 min.) + 2 program guides + 14 pamphlets. (NAL Call No.: DNAL Slide no.185 F&N). Abstract: This consumer education program, prepared by the American Association of Retired Persons (AARP) focuses on the topic of health quackery. The program includes 75 color slides, consumer pamphlets, addresses at which to report health frauds, a participant quiz, and a program leader guide. The elderly have been noted as being the chief targets of health quacks. After partaking in the one-hour program, participants will learn how to combat blatant and unsuspected health quacks.

0057
Hearty and healthy breakfasts minus cholesterol and calories.- Los Angeles : National Health Video, c1986. Cassette titles: Healthy & Hearty breakfasts : Healthy & hearty breakfasts minus cholesterol, fat and calories.- Container spine title: Low-calorie breakfasts. 1 videocassette (VHS) (21 min.) : sd., col. ; 1/2 in. + recipe booklets. (NAL Call No.: DNAL Videocassette no.411). Abstract: This video cassette tape from National Health Video, Inc. demonstrates various recipes for breakfast food items low in cholesterol and calories. The physiological means by which atherosclerosis develops is discussed. Definitions of low density lipoproteins, high density lipoproteins, and cholesterol are given. The American Heart Association recommendations for a 30% of calories total fat intake, with 10% saturated fats, 10% polyunsaturated fats, 10% monounsaturated fats and 300 mg cholesterol are presented. Recipes for blueberry cheese blintzes, omelette supreme, and bran muffins are presented and prepared by a registered dietitian.
A recipe book accompanies the videotape.

0058

High blood pressure.
Abstract: The causes, symptoms, treatments, and management of high blood pressure are discussed. The physiology underlying the disease is explained.

0059

How to relieve the effects of stress Art Ulene.
Ulene, Art. ; Thoresen, Carl E. Los Angeles : Feeling Fine Programs ; New York, N.Y. : Random House, p1987. At head of title: Dr. Art Ulene tells you ... - Dr. Carl Thoresen, consultant.-- "RH/FF 3." 1 sound cassette (60 min.) ; analog. 1/8 ips. stereo, Dolby system + 1 booklet (63 p.). (NAL Call No.: DNAL Audiocassette no.79).
Abstract: Detrimental side effects associated with stress and techniques for effective stress management are overviewed in this audiocassette program. Key goals of stress management are 1) to reduce the overall amount of stress in one's life, and 2) to control the negative side effects of stress more successfully. The audiocassette discusses general strategies for coping with stress and the following types of relaxation techniques, relaxation breathing, progressive muscle relaxation, autogenic exercises, guided imagery, and meditation. The booklet accompanying the cassette includes self-assessment questionnaires that examine personal stress levels and the primary sources of stress in one's life. A multi-step management program is outlined, and a stress diary is provided for use in monitoring daily stress levels, correlating them with specific events, and identifying predictable patterns.

0060

How well do you manage stress? presented by MTI Teleprograms Inc. --.
Abstract: Presented here is the importance of stress management for health maintenance. In alternating presentations, a registered dietitian and a physician, physician about various aspects of stress. A vignette depicts the futility of worrying at night and losing of sleep. Suggestions for handling stress constructively are given through a series of film clips and followed by a series of dramatizations. These skits show a stressful situation being handled in a more productive manner, There is a strong emphasis on attitude as well as methods for responding to stressful situations. (emc)

0061

Inside/out presented by Human Nutrition Information Service, U.S. Department of Agriculture.
Abstract: The important contributors to maintaining good health are discussed: a regular health examination, regular exercise, and a balanced diet chosen from the 4 basic food groups. It is emphasized that everyone should eat well at all ages of life and balance food intake with energy needs to attain and maintain an ideal body weight. Throughout the narrative, hints are given for the selection of food to reduce calories and to provide a balanced nutritional intake. Several nutritional myths e.g., the use of salt tablets, supplementary vitamins, and eating before exercise are addressed, and the helpful aspect of a positive attitude is stressed. (emc)

0062

Inside/out the story of food & fitness presented by Human Nutrition Information Service, U.S. Department of Agriculture. --.
Abstract: The important contributors to maintaining good health are discussed: a regular health examination, regular exercise, and a balanced diet chosen from the 4 basic food groups. It is emphasized that everyone should eat well at all ages of life and balance food intake with energy needs to attain and maintain an ideal body weight. Throughout the narrative, hints are given for the selection of food to reduce calories and to provide a balanced nutritional intake. Several nutritional myths e.g., the use of salt tablets, supplementary vitamins, and eating before exercise are addressed, and the helpful aspect of a positive attitude is stressed. (emc)

0063

Jane Brody on nutrition.
Abstract: Highlights from the author's bestselling "Nutrition Book" are presented. Featured are discussions on diet, exercise, fat and cholesterol, caffeine & alcohol, vitamins & health food, protein & carbohydrates and salt & food additives. The author is an award-winning columnist for "The New York Times." The focus of this presentation is to encourage people to eat right, lose weight and keep fit for a healthy and happy life. (kbc)
0064
Lean life cuisine
by J. Lowry.
Eve J. Shingle Springs, Calif.
by Eve Lowry. c1984. "Food comparison
slides"-- container. 70 slides : col. ;
5 1/2 x 5 1/2 in. + 1 script. (NAL Call No.:
DNAL Slide no.156 F&N).
Abstract: "Lean Life Cuisine" is a
nutrition education program designed to
Teach adults ways to reduce dietary fat. A variety of foods are compared for
their fat content. Food recipes are
Altered to reduce fat and total
Calories, and a number of tasty low
Calorie/low fat recipes are given.
Helpful suggestions are given to
Encourage the viewer to reduce dietary
Fat intake. Typical excuses for eating a
High fat diet are presented to
discourage the viewer from continuing
Poor dietary habits. A leader's guide
accompanies the slides. (16)

0065
The lean life food series
Eve J. Lowry
Eve J. Shingle Springs, Calif.
A.V.'s by R.D.'s, 1986. VHS.- Set of
recipes has 1988 copyright. 1
videocassette (25 min.): sd., col. ;
1/2 in. + 1 script + set of recipes. (NAL Call
No.: DNAL Videocassette no.476).
Abstract: This videorecording attempts to
assist consumers in reducing the fat
content of their diets. Meal menus are
Examined to determine methods of
Reducing fat intake. A script and
recipes accompany the video.

0066
The lean life food series
Eve J. Lowry
Eve J. Shingle Springs, Calif.
A.V.'s by R.D.'s, 1984. Sound
accompanyment compatible for manual and
automatic operation.- Recipes from Eve
Lowry's Lean Life Cuisine, 1981.- Date on
videocassette is 1985. 76 slides :
Col. + 1 sound cassette (22 min.): + 1
script : + set of recipes. (NAL Call
No.: DNAL Slide no.204 F&N).
Abstract: This videorecording attempts to
assist consumers in reducing the fat
content of their diets. Meal menus are
Examined to determine methods of
Reducing fat intake. A script and
recipes accompany the video.

0067
Leni Reed's supermarket savvy
training kit.
Leni Reed Addison, TX: Leni Reed
Associates, c1987. 2 sound cassettes (73
min.): 1 7/8 ips. mono. + 1 training
manual (49 pages: 29 cm.). (NAL Call
No.: DNAL Videocassette no.462).
Abstract: Resource materials and
guidelines for conducting supermarket
tours for a variety of consumers are
provided in this comprehensive
deluxe kit from Leni Reed
Associates, Inc. The kit consists of two
audiocassettes, and a "how-to" manual.
Audiocassettes discuss 1) benefits of
carrying supermarket tours, 2) how to
market the tour to clients (physicians,
corporations, media, special groups), 3)
shopping for healthier foods, and 4)
expenses of starting and operating a
supermarket tour business. The videocassette
conducts an aisle-by-aisle tour of a
supermarket, describing how to use food
product labels and other available
nutrition information to lose weight; reduce
dietary fat, cholesterol, sodium,
sugar, and salt; and increase dietary fiber.
The "how-to" manual contains sections that
discuss how to market, conduct, and
evaluate supermarket tours. It also
contains exercises to help consumers
apply key nutrition concepts, sample
resource materials, and an evaluation
form.

0068
Lifesavers
by J. Gary Mitchell, Laura Louis,
Michael Dark Shingle Springs, CA
MTI Teleprograms Inc. 1983. CREDITS:
Producer, director, J. Gary Mitchell;
writers, J. Gary Mitchell, Laura Louis,
Michael Latta. 1 film reel (25 min., 50
sec.): sd., col. : 35 mm. + 1
discussion guide (9 p.). (NAL Call No.:
TX360.06L3 F&N AV)
Abstract: A report on the need for
change in the American diet and in
American attitudes toward health and
fitness is presented in a film aimed at
law enforcement, criminal justice,
security, and correction personnel. The
focus is on long-term fitness, improved
quality of life, the importance of
fitness, and an individual's commitment
to health. The underlying attitudes that
contribute to poor fitness, lifestyle,
are examined and methods of reversing
potentially dangerous risk factors are
discussed. It is stressed that people who
have improved their health through
diet and fitness are better prepared to
serve the public effectively and enjoy
their lives as well. (kbc)

0069
Lowfat lifestyle on the go
by Ronda Gates
Gates, Ronda: Parker, Valerie. Lake
Oswego, OR: Lifestyles, 1989? VHS
format.- Book title: Lowfat lifestyle by
Valerie Parker & Ronda Gates. 1
videocassette (30 min.): sd., col. ;
1/2 in. + handouts + 1 book. (NAL Call
No.: DNAL Videocassette no.462).
Abstract: This videorecording and recipe
book provide information on achieving
and maintaining a lowfat diet. The
materials explain how to avoid fat in
your diet, reveal the names of commonly
used fats and oils, show how to shop
smartly in the supermarket, and teach
how to prepare tasty low fat recipes
that are quick to fix. The perfect diet
is described as low in fat, low in
sugar, high in fiber, balanced and
varied, and sufficient in calories.
0070
Make your food dollars count! Buy better to eat better...produced by United States Department of Agriculture, Food and Nutrition Service. Alexandria, Va.: U.S. Dept. of Agriculture, Food and Nutrition Service, 1984. Pamphlets and posters in English and Spanish. Sound accompaniment compatible with manual and automatic operation. 100 slides: col. + 1 sound cassette (13 min.) + 1 script (14 p.: 28 cm.) + 1 project guide (21 cm.: 28 cm.) + 4 posters + 8 pamphlets + 1 sound disc (2 min.: 33 1/2 rpm; mono.; 3 1/2 in.). (NAL Call No.: DNAL FNC TX356.M307 F&M AV).
Abstract: A USDA nutrition information kit designed to help low-income families (particularly, food stamp users) buy and prepare more nutritious, less expensive foods and to enable these individuals to obtain the most food and nutrition benefit for each food dollar spent. This kit includes a project guide, 4 wall posters, a 33 1/3 rpm recording of 6 themes (2 repeated in Spanish) on buying better and eating better, 4 fliers on economic food nutrition themes (with 4 identical fliers in Spanish), and a set of color slides, complete with audiocassette tape and a narrative guide. This kit is recommended for extension agents, personnel in State health departments, nutritionists, dietitians, and food stamp office staff for their work with low-income households. (wz)

0071
Abstract: A case study format is used to show adults the health implications of using excessive salt in food and the difficulties of restricting consumption of salt. The overabundance of salt in commercially prepared food items is emphasized. Guidelines for limiting salt use are provided. Salt alternatives and substitutes (such as other seasonings) are suggested. (rkm)

0072
Abstract: This video program from the Cattlemen's Association discusses the nutritional value and fat content of modern beef. Other topics discussed include: what is modern beef; how and why the beef industry changes; the production of modern beef by industry to meet consumer demands.

0073
Abstract: This slide presentation is part 7 of a series for biomedical education on the medical consequences of alcohol abuse. The specific highlights of this unit include slides about alcohol and the nervous system, disorders associated with increasing blood alcohol levels, and disorders associated with decreasing blood alcohol levels. Biomedical illustrations, photographs, graphs, and charts provide information at the professional level. A leader's guide includes abstracts of each slide. (ls)

0074
Abstract: The "New Lunch" nutrition educator/facilitator kit is composed of everything necessary to conduct a lunch time nutrition workshop for the worksite, community and other adult education settings. Components of the kit include: color slides; a script guide which includes important points for each slide; sequential numbering guide for the educator; masters that may be reproduced for eating out activities; promotion and evaluation materials and a reference guide for program content. Topics discussed in the 1 hour presentation are: the new business lunch; eating for a healthy heart; how to identify "hidden" sodium in foods; the diet's effect on productivity; and taking responsibility for one's own health. The set of slides may be arranged in different ways to meet the needs of specific audiences.

0075
A new way of eating hypertensive/medical advisory board, Richard Steckel... et al. ; presented by National Health Video, Inc. Los Angeles, CA: National Health Video Inc., 19867. Cassette label title: Hypertension nutrition.-- VHS format.-- Materials are same as videocassette called Healthy heart cooking. 1 videocassette (120 min.): sd., col.; 1/2 in. + 1 recipe booklet. (NAL Call No.: DNAL Videocassette no.333).
Abstract: This video cassette presentation reviews cooking demonstrations for low cholesterol, low sodium, low fat and low calorie foods and discusses shopping tips, eating out without exceeding dietary restrictions, and reading food labels. A 16-page recipe book containing 16 recipes and an appendix is provided. Each recipe lists...
Nutrient needs: basic metabolic processes / The Ohio Regional Medical Audiovisual Consortium. --

Abstract: A three-part series entitled "Nutrient Needs: Basic Metabolic Processes" designed for health care professionals. Module I (print) reviews the basic, metabolic processes of foods and nutrients and discusses the six major nutrient categories: carbohydrates, fat/lipid, protein, water, minerals, and vitamins. It reviews the typical United States diet with the 1977 Dietary Goals and teaches the student how to calculate carbohydrate, fat, protein and kilocalories. Module II (videotape/print) provides an in-depth discussion of the digestive system and digestive juices. The term basal metabolic rate (BMR) is presented and the fate of ingested calories from fats, proteins and carbohydrates is explored.

Kilocalories are defined in terms of energy capacity, and the viewer learns how to calculate daily energy requirements for both healthy and hospitalized patients. The user's guide that accompanies the program incorporates the 3 modules and includes a practice cycle, posttest and comprehensive glossary.

Nutrient needs: protein and calories / a self-instructional package / The Ohio Regional Medical Audiovisual Consortium. --

Abstract: Self-instructional 3 part module combines videotape and print to assist health care students in learning current information pertaining to identification and assessment of nutritional needs. Module I (print only) discusses the minimum daily requirements (MDR) and recommended daily allowances (RDA). Module II (videotape) entitled "Protein Needs" uses colorful illustrations to discuss protein needs in both qualitative and quantitative terms. Protein is the only macronutrient having a recommended daily dietary allowance. The essential amino acids (EAA) are presented, as are the daily protein requirements. Protein comprises 15% of total body mass of adults, primarily as muscle mass, visceral proteins and supportive tissues. Enzymes are also proteins. Complete and incomplete proteins are discussed and specific vegetable proteins with incomplete proteins are presented.

Module III (videotape) entitled "Calorie Needs" uses colorful illustrations to present a complete picture of the energy needs of the body and its nutrient sources. The term basal metabolic rate (BMR) is presented and the fate of ingested carbohydrates from fats, proteins and carbohydrates is explored.

Kilocalories are defined in terms of energy capacity, and the viewer learns how to calculate daily energy requirements for both healthy and hospitalized patients. The user's guide that accompanies the program incorporates the 3 modules and includes a practice cycle, posttest and comprehensive glossary.

Nutrient needs: protein and minerals / a self-instructional package / The Ohio Regional Medical Audiovisual Consortium. --

Abstract: Self-instructional 3 part module combines print and videotape to assist health care professionals and students who require a foundation in the basic concepts of human nutrition. Module I (print) compares and contrasts the essential amino acids (EAA) with the recommended daily allowances (RDA) and estimated safe and adequate intake (EAA) of the body. Protein comprises 15% of total body mass of adults, primarily as muscle mass, visceral proteins and supportive tissues. Enzymes are also proteins. Complete and incomplete proteins are discussed and specific vegetable proteins with incomplete proteins are presented.

Module II (videotape) entitled "Protein Needs" uses colorful illustrations to discuss protein needs in both qualitative and quantitative terms. Protein is the only macronutrient having a recommended daily dietary allowance. The essential amino acids (EAA) are presented, as are the daily protein requirements. Protein comprises 15% of total body mass of adults, primarily as muscle mass, visceral proteins and supportive tissues. Enzymes are also proteins. Complete and incomplete proteins are discussed and specific vegetable proteins with incomplete proteins are presented.

Module III (videotape) entitled "Water Needs" provides colorful illustrations to present a complete picture of the energy needs of the body and its nutrient sources. The term basal metabolic rate (BMR) is presented and the fate of ingested carbohydrates from fats, proteins and carbohydrates is explored.

Kilocalories are defined in terms of energy capacity, and the viewer learns how to calculate daily energy requirements for both healthy and hospitalized patients. The user's guide that accompanies the program incorporates the 3 modules and includes a practice cycle, posttest and comprehensive glossary.
extracellular, and intravascular compartments. Body fluids has 5 major purposes: it is a component of body structure, a solvent for physiological compounds, a transport medium, a lubricant, and a body temperature regulator. Sixty % of body water is obtained through ingestion and metabolism. Module 3 (videotape/print) entitled "Minerals" provides colorful biomedical illustrations and in depth information about essential minerals. Each mineral is discussed regarding its role in acid-base balance, water balance, muscle movement, structural components and organic compounds. The terms "macromineral" and "micromineral" are defined. Toxic minerals such as cadmium and arsenic are mentioned. A food chart listing the nutrients containec in each of the foods listed on the individual food cards guides the players in selecting appropriate nutrient blocks on the scorecard to place their food cards. Each player receives 5 food cards to start the game, and rolls a die in turn, to determine the number of additional food cards (up to 3) a player must take. Scoring and alternative modifications of the game are described. (wz)

Nutrition and diabetes. Author, Robert E. Kowalski ; produced by The Polished Apple. Kowalski, Robert E. Malibu, Calif. : The Polished Apple, c1987. Includes chart, game cards, score sheets, instruction sheet and the game; in envelope 23 x 31 cm. (NAL Call No.: T535.N78 F&N AV). Abstract: This program focuses on the relationship between oral health and diet, especially in the later years of life. It lists dietary actions than can lessen "dry mouth" and discusses the relationship of candy to dental caries. Chewing, eating slowly and tongue brushing are encouraged and saliva substitutes are mentioned. Suggestions are offered for increasing food flavor using spices and herbs. The role of calcium in changes in the jaw bones and osteoporosis is explained and good sources of this nutrient are pictured. A summary of the main points of the program concludes the set. (emc)

Nutrition and type II diabetes. "Nutrition and Type II Diabetes," emphasizes the importance of exercise and diet in weight control and diabetes management. Part III, "Living Life to the Fullest," discusses how both type I and II diabetics can shop for and prepare nutritious and tasty foods, enjoy a variety of ethnic foods, and eat out in restaurants. The program stresses diet as the cornerstone of diabetes management and encourages diabetic patients to take control of their own health care. A program guide containing copies of the film scripts and references is enclosed.

Nutrition and fitness. Intervening in risk factor determination & disease. -- Chicago, Ill. : The American Dietetic Association, c1982. Title from label. Presented by the American Dietetic Association. 2 videocassettes (118 min.) : ed., col. ; 3/4 in. + 1 student guide. -- (NAL Call No.: DNAL Videocassette no.29 F&N). Abstract: This program was designed by the American Dietetic Association as an extended education program for dietitians or dietetics students. This presentation is Part I of a two-part program on nutrition and fitness. An interview with a doctor provides information on the history of man's nutritional evolution. Preventive medicine is discussed as an important factor in preventing premature mortality. Factors such as good nutrition, exercise regimens, and stress modification. A comprehensive student guide accompanies the program. (is)
(NAL Call No.: DNAL Audio cassette no. 21 F&N).

Abstract: An audio cassette prepared by the American Dietetic Association on the nutrition care of the diabetic on maintenance dialysis. Seven areas are discussed among which are: dialysis modalities (Hemodialysis, Continuous ambulatory peritoneal dialysis (CAPD), control of Blood glucose levels, nutritional status of dialyzed diabetic including nutritional assessment and management, diabetic management includes insulin therapy and diettic management, and patient education. A study guide for the professional diettetian/nutritionist is included with study questions answers and a bibliography. (kbc)

0085

Nutrition in the fast lane.


Abstract: An extension course lecture on nutrition and exercise for the general public includes an 80 color-slide presentation coordinated with a 17-minute audiocassette narrative. The lecture promotes the concept that good nutrition and exercise together can have a positive influence on both physical and mental health. The 6 classes of essential dietary nutrients (carbohydrates, fat, protein, vitamins, minerals, and water) are discussed and illustrated with respect to their needs and values in various sports activities. Nutrient facts and fallacies regarding benefits to exercise are both discussed. The goal of this lecture is to assist people in sorting fact from fantasy and piecing the nutrition puzzle together. A copy of the audio script keyed to the slide topics is included. (wz)

0086

Nutrition in the later years, Churchill Films.

Berle, Milton & Be well, nutrition in the later years. Los Angeles, Calif. Churchill Films 1983. Intended audience: College students and adults.-Title on container: Be well, nutrition in the later years. 1 film reel (24 min.) : sd., col. ; 16 mm. --. (NAL Call No.: TX361. ABN8 F&N AV)

Abstract: Comedy vignettes convey information on nutrition and food, especially the nutritional needs of the older (60+) population. Topics include: the 4 food groups; shopping for nutritious, low-cost foods; reducing sugar, fats, salt; changing eating habits to control weight; preparing tasty meals; and dealing with eating alone and loss of appetite. (kbc)

0087

Nutrition in the later years written by Cathy Franklin; project director, Asman H. Kiyak.


Abstract: Nutrition in the Later Years is a slide-tape presentation designed to increase nutrition awareness in the elderly. The program includes a presentation of the basic four food groups and recommended daily requirements of necessary nutrients. Problems characteristic of the elderly population, such as low income, lack of transportation, lack of facilities, and health problems are discussed in conjunction with the need to maintain a proper diet. Suggestions and recommendations are given and handouts are available. (is)

0088

Nutrition issues. Julie M. Jones, --.

Jones, Julie M. S. I.: American Association of Cereal Chemists, c1985. Title from label. 1 videocassette (50 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no. 59 F&N).

Abstract: Dr. Julie M. Jones discusses nutrition issues as they pertain to the general public. She focuses on the sources of nutrition information available to the consumer, such as books and magazine articles, research findings, and governmental guidelines. In particular, she explores the myths surrounding nutrition by emphasizing accurate information about carbohydrates, fiber, sugar, protein, and fat. In addition, specific dietary habits which may be unhealthful are cited and ways to change or improve these habits are presented. (is)

0089

The Nutrition tests presentation of Perennlial Education; field producer, Diana London.

Evanston, IL : Perennial Education, 1985. VHS format. 1 videocassette (21 min. ) : sd., col. ; 1/2 in. + 1 guide. (NAL Call No.: DNAL Videocassette no. 457).

Abstract: This videorecording demonstrates to consumers how to read labels while shopping in order to enhance the nutritional value of the foods that are purchased. It also illustrates how to prepare and cook those foods to retain high nutritional values. The benefits of nutrients obtained from food as compared to nutrients derived from vitamins is discussed.
Nutrition today: fast foods, convenience foods, and snacks / produced by Sheila Ashbrook
Abstract: This slide attempts to educated families as to what is good nutrition. In order that they can make wise decisions when selecting snacks, fast and convenience foods. It suggests that we should eat a wide variety of foods but in moderation in order to lessen health problems. One should consider the fat content, number of calories/day, sodium intake, cost and convenience of these foods. It is concluded that snacks, fast, and convenience foods do not mean poor nutrition unless one lets them do so. It is suggested that one avoids empty calories, foods with high sodium, and fat contents.

Red Hook, N. Y.: Sound Ideas Productions, 1986. 1 sound recording (65 min.). (NAL Call No.: DNAL Audiocassette no.80).
Abstract: Sixty-five, one-minute public service announcements (PSA's) are provided by the Society for Nutrition Education and the William H. Donner Foundation. Some nutrition topics discussed in the PSA's are osteoporosis, calcium, physical activity, heart disease, cholesterol, weight control, lowering fat intake, cancer prevention, food preparation, etc.

Nutrition: Food for Sport / Nathan J. Smith, Diana L. Massucco.
Abstract: "Nutrition: Food for Sport" is a complete program for coaches to present to their athletes. The presentation covers the importance of a well-balanced diet for optimal physical condition. Nutrition-related problems encountered by some athletes are discussed, such as: inadequate food intake, concern about diet quality, what to eat before the game, and meeting the fluid needs of athletes in order to avoid heat disorders. The athlete is taught ways to achieve his energy need, while fulfilling his nutrient requirements. A pre and post test is included in the leader's guide. (18)

Osteoporosis and you: St. Louis District Dairy Council and National Dairy Council.
Rosemont, Ill. : National Dairy Council, c1985. Sound accompaniment compatible for manual and automatic operation. 54 slides : col. + 1 sound cassette (30 min.), 1 script, 1 presentation outline, 1 reaction form and 1 questions booklet. (NAL Call No.: DNAL Slide no.244).
Abstract: Osteoporosis is a serious bone disease. In this slide-tape presentation, the public is informed about osteoporosis—how it develops, who's at risk and how it can be prevented or its progress slowed. Discussions of the dynamic activity of bone, the importance of calcium and the development of bone mass before age 40 are followed by discussions of specific dietary/exercise factors that play a preventive role. A presentation outline, commonly asked questions about the disease, a participant reaction form, and a guide script are included.

Osteoporosis: produced by Therapy Graphics and Harbor/UCLA Medical Center, Division of Rheumatology.
Palos Verdes Estates, Calif. : Therapy Graphics, c1986. 1 videocassette (VSH) (14 min.) : sd., col. / 1/2 in. + 1 script. (NAL Call No.: DNAL Videocassette no.400).
Abstract: A discussion of osteoporosis, in terms of its risk factors and prevention, is provided by this videocassette tape program. The physiology of bone tissue and the importance of appropriate calcium-rich foods, increasing weight-bearing exercise, monitoring protein intake and avoiding alcohol and smoking is presented.

A personal plan for wellness.
Abstract: A personal planning process that can help one understand the total aspect of "wellness" is described. Wellness is more than physical health, it is a lifestyle focused on well-being. A family's experience depicts how cultural norms at home, work, and play influence lifestyle and choices. Attention is placed on reshaping less desirable lifestyles and habits into a total program for personal wellness. The film is designed to encourage discussion which will focus on setting effective, realistic goals. A leader's guide is included. (kbc)
Physical fitness in the later years/Churchill Films.
: Berle, Milton. Los Angeles, Calif. : Churchill Films, 1983. Intended audience: College students and adults. 1 film reel (23 min.) : sd., col. ; 16 mm. + discussion guide (7 p.). (NAL Call No.: DNAL Motion picture no.221). Abstract: Milton Berle hosts this series of dramatized incidents about the variety of ways that people can stay physically active, or even start exercising regularly for the first time in later years. Short vignettes and interviews with well-known authorities address misconceptions about exercise for older people; the need for exercise to prevent deterioration; positive effects of exercise and different levels of exercise; caution about stating an exercise program, particularly aerobics, and tips on motivation. Exercises that stretch, strengthen, and relax are demonstrated. The value of exercise for arthritis and other conditions and exercise in water is also shown. (emc)

A Picture of health.
Abstract: Cultural and societal attitudes that contribute to health and fitness or unfitness are discussed. An improved diet and a sensible fitness plan can help us achieve a healthier and longer life. Degenerative diseases in America are discussed because it is estimated that 70-80% of all diseases in America are caused by poor quality diets, smoking, and lack of physical activity. Three preventive health programs are examined: aerobics (the effect of exercise on hormones and attitudes): low-fat diet (alternatives to the normal American diet with emphasis on the Pritikin diet); and family nutrition (a 5 year health and nutrition study designed to encourage families to consume a low-fat diet). Life style changes and a commitment to health are required. A discussion guide is included. (kbc)

The pivot quick and easy vitamin and mineral locator compiled by William H. Lee.
: Lee, William H. New Canaan, Conn. : Keats Publishing c1983. 1 rotary chart : 25 x 23 cm. (NAL Call No.: TX563.V5L38 F&N AV). Abstract: A reference wheel for 18 vitamins includes 2 not normally classified as vitamins (F & P) and 12 minerals. Given are: the RDA (if established) and natural sour es; other nutrients with which the nutrient works best; deficiency signals; foods or drugs that can adversely affect the nutrient; and the definition of 12 terms (e.g., catalysts). The locator is not intended for medical advice, but solely for informational and educational purposes. (kbc)

Play for your life.
: Phoenix, Ariz. : Dallas Saudt Co., 1985. Title from container. - Instructional guide has title: The personal diet analysis gameplan: play for your life; written by Brice L. Kratzer and Dallas W. Saudt. 1 sound cassett (10 min.) : 1 7/8 ips ; 4 x 2 1/2 in. + 1 instructional guide. (NAL Call No.: DNAL Audiocassette no.65 F&N). 
Abstract: "Play for your life" is a program in the form of a personalized game designed to increase the user's awareness of nutrition requirements and food composition. The user keeps a daily record of the food he/she eats and analyzes its nutritional contribution to his/her dietary intake. By playing the game, the individual will learn whether or not his/her diet is nutritionally balanced, what weight is ideal for him/her, how he/she should improve his/her diet to better meet the nutritional requirements. The program comes with an instructional cassette, workbook, and information booklets. (1s)

Portraits of anorexia/Fat Chance Films production : producer, director, Wendy Zheutlin.
Abstract: This film reviews the psychological and physical aspects of anorexia nervosa. Former anorectics discuss social pressures, family communications, guilt, desire for independence, school pressures and self-esteem as it relates to anorexia. The objectives of the film are to enable the viewer to comprehend the experiences of anorexia, to learn about the psychological issues affecting anorectics, to understand how the family affects anorectics and how to gain insight into the recovery of anorexia nervosa. A leader/discussion guide accompanies the film. (kbc)

A Practical approach to a high fiber diet.
: Pa.? : Pennsylvania State University?, 1985? . Title from container. 1 videocassette (10 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.52 F&N). Abstract: This videotape gives an informative presentation of dietary fiber. The viewer is shown a variety of foods, and is asked to choose the ones thought to be high in fiber. Crude fiber, the fiber remaining after scientists have treated the food, is explained as being quite different from dietary fiber. Including high fiber foods in the daily diet is stressed in order to reduce the risk of a variety of diseases. These diseases include gastro-intestinal disorders, diabetes, obesity, heart disease, and cancer. A
wide variety of foods is suggested; however, the viewer is told that too much fiber is not beneficial. (is)

0102

Abstract: Two papers provide an overview of issues related to therapeutic dietary compliance of patients with chronic renal failure. The first paper reviews components of compliance and characteristics of the renal failure patient. Reasons for non-compliance, problems encountered with renal disease, and pertinent features of the patient/provider relationship. The second paper examines the dietitian’s role, structured constraints, patient education, and suggestions for obtaining patient compliance. (kbc)

0103

Abstract: The detection and treatment of hypertension, a cardiovascular disease, are discussed in a film for consumers. Hypertension (high blood pressure) is a major cause of death in America, affecting more than 5 million people yearly. One out of 4 Americans is affected by hypertension. Hypertension can be aggravated by salt (or sodium) found in foods or added to foods. Methods of moderating salt and sodium intake are discussed by: comparing the sodium content of fresh foods to processed foods; showing how similar products can contain varying amounts of salt/sodium; and identifying high-sodium-content common foods. Strategies for maintaining a low-salt diet are given. (kbc)

0104

Abstract: Possible health implications of high salt and sodium intake are discussed. Ways to reduce sodium intake; find the sodium content of foods (in restaurant foods and in processed foods); and how to find suitable substitutes are discussed. Snack foods, fast foods, and typical teenage food fare are covered. (kbc)

0105

Abstract: Materials developed for the American Indian food assistance program discuss ways in which the Indians originally secured foods. Drying and storing foods for use in the winter seasons and for medicine were important functions. Although the food choices today are more numerous, one must be careful about the foods selected. Foods high in salt, sugar, and fat are more abundant and often low in vitamins and minerals. Several medical problems (diabetes, hypertension) are discussed with particular emphasis placed on foods that can aggravate the conditions. Suggestions are provided that will help the individual choose foods carefully, select a wide variety of foods, and stretch the food dollar. The food groups (and the reasons for their importance in health) are explained. Exercise and calorie counting are stressed. (kbc)

0106

Abstract: A nutrition education program educates patients and the general public, and assists health professionals in hypertension treatment programs on sodium intake reduction. The kit uses the framework of the Basic Four food groups to identify high sodium foods and suggests low sodium alternatives. Non-food sources of sodium also are discussed. Practical guidelines are given for preparing flavorful meat without the use of table salt. Program participant goals include: recall of at least 2 physical effects that can occur with extra salt buildup in the body; identification of sodium food products from each of the 4 food groups; and determining whether foods from plant or animal sources have a higher natural sodium content. (wz)

0107

Abstract: This filmstrip program offers a simple cartoon approach that skillfully teaches people of all ages how to live without salt and high sodium foods. Health benefits and precautions
are discussed in an attempt to clarify
to the viewer the reasons for lowering
dietary sodium intake. The program
identifies high sodium foods and
suggests alternatives. It also offers
practical tips on how to prepare
flavorful meals without the use of the
salt shaker. A program guide is
included. (Ig)

0108
The silent killer, a presentation of ABC
News.
Northbrook, Ill. MTI Teleprograms Inc.
c1983. Title on container: Silent
killer, hypertension. 1 film reel (12
min.): sd., col.; 16 mm.; 1
discussion guide (2 p.). (NAL Call No.: 
Abstract: Hypertension (high blood
pressure) and its complications are
discussed. Hypertension can be caused by
diet, stress, medication, and heredity.
Blood pressure is determined by serial
blood pressure (systolic and diastolic)
readings. When systolic pressure exceeds
140 and/or diastolic pressure exceeds
105 hypertension is exhibited. The
physiological mechanisms resulting in
high blood pressure have yet to be fully
identified or recognized. Variations of
diagnosis and treatment are explored as
not everyone has the same severity or
requires the same treatment. Weight
reduction or elimination of most dietary
salt/sodium are 2 of the methods
mentioned. A discussion with a noted
food editor is included. This film is
the result of investigative reporting
which appeared on a television program.
(kbc)

0109
Slim chance.
Northbrook, Ill. Hubbard c1982. 1 game
board (51 x 61 cm.), 6 packs of cards, 1
spinner, 4 trays, 1 calorie box, 1 bag of
calorie chips, 1 instruction booklet.
(NAL Call No.: RM222.2.556 F&N AV).
Abstract: A nutrition education game for
the general public teaches players how
to balance caloric intake (food) with
exercise (caloric expenditure) and how
to maintain a safe body weight and
minimize body stress. The game, designed
for 4 players, is played by taking
calorie chips by drawing a breakfast,
lunch, or dinner card, giving up calorie
chips (exercising) by moving the marker
as indicated by the spinner, and by
avoiding stress tickets. The object of the
game is to keep the stack of calorie
chips in the safety zone and to avoid
stress tickets as the marker is moved
around the board. The winner is the
player with the fewest stress tickets.
Options on calorie intake are made
throughout the course of the game. Slim
chance cards provide unexpected events
which can affect the players calorie
balance. (Wz)

0110
The spice of life.
Rosemont, Ill. National Dairy Council
c1982. CREDITS: Producer, Jan Belcher;
director, Curt Hahn; screenplay, Herbert
Franklin Fox; editor, Clarke Gallivan. 1
film reel (14 min., 30 sec.): sc., col. ;
16 mm. + discussion guide (16 p.:
col. 111.: 24 x 10 cm.). (NAL Call No.: 
TX361.A3568 F&N AV).
Abstract: A film designed for use by
health community educators with mature
audiences, uses a story line in which a
sister, visiting her recently widowed
brother, helps him improve his outlook
on meal planning and healthful eating.
They shop, taking advantage of seasonal
foods, generic brands, unit pricing and
coupons and discuss nutritional needs,
with emphasis on reducing total calories
while maintaining adequate nutrient
intake (especially calcium and fiber).
Back at home, they discuss proper
storage of perishables, and other
purchased foods and preparation of small
meals. A discussion guide provides
suggestions for introducing the film and
questions for follow-up discussion. (Jd)
Strokes Churchill Films.
Abstract: A presentation on the causes and effects of stroke points out that the brain is susceptible to damage from diseases of the arteries, particularly, stroke. The mechanisms that set the conditions for a stroke are explained with emphasis on hardening of the arteries and blood clots. If a stroke occurs it will affect certain functions controlled by the brain. The functions (speech, memory, muscular control) affected will depend upon the location of the stroke in the brain. Once a stroke has occurred rehabilitation through physical therapy can help. Basic lifestyle changes, which may be required if there is a family history of stroke, include having regular medical checkups, exercising, learning to relax, eating balanced meals (lower in fat and cholesterol), and stopping smoking. (kbc)

Supermarket savvy producer/director, Vicki L. Metz.
Abstract: Guidelines for using the nutrition information on food product labels to select healthier foods at the supermarket are provided on this 52-minute video cassette from Family Experiences Productions, Inc. Specific criteria are outlined for making selections from the following food groups: lower fat, lower sugar, and sodium: cheese, dairy, lunch meats, fish, meat, poultry, oils, margarine, eggs, salad dressing and mayonnaise, condiments, sweeteners, peanut butter, canned fruits and juices, canned goods, pasta dishes, bread, ice cream, and fruits and vegetables. Nutrition claims used on foods- sodium free, very low sodium, low sodium, reduced sodium, unsalted, no cholesterol, low calorie, reduced calorie- are defined. Food sources of dietary fat (polyunsaturated, mono-unsaturated, saturated, hydrogenated) and the method used to calculate the percentage of calories from fat in a food product are explained. A booklet accompanying the videocassette includes an index, a glossary of key terms, and a series of practical suggestions for healthy food preparation and eating.

To your heart's content positive approaches to fitness.-- Carlisbad, Calif. : Spectrum Films, 1982. Title from data sheet.- Intended audience: Adults.- Issued also as videorecording. 1 film reel (26 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.50 F&N).
Abstract: Understanding the importance of regular exercise for the maintenance of optimal health is the major goal this film. The importance of fitting physical activity into the sedentary adult life is stressed, and examples of various ages and backgrounds are given to illustrate to the viewer different ways in which everyone can incorporate exercise into their regular daily routine. Cardiovascular exercises are emphasized, such as swimming, walking, jogging, and cross-country skiing. (ls)

Toward immortalityGannett Company.
Northbrook, Ill. : MTI Teleprograms, c1983. 1 film reel (27 min.) : sd., col. ; 16 mm. + 1 discussion guide. (NAL Call No.: DNAL FNC H01061.T68 F&N AV).
Abstract: A narrated film examines the meaning of increasing longevity, the reasons for it, its implications, and the problems and issues involved in living longer lives. Interviews with scientists regarding recent scientific advances in understanding the aging process are presented. Misconceptions about older adults and aging are discussed. The roles of lifestyle and nutrition in longevity are identified. An accompanying discussion guide includes a description of the film's objectives, suggestions for prescreening activities, a synopsis, after screening activities, and discussion questions. (ch)

The Turnaround Workshop.
Abstract: "The Turnaround Workshop" was designed by Campbell's Institute for Health and Fitness as a personal enrichment program. It is based on integrating good nutrition, physical activity, and behavior modification for a sensible approach to healthy living. The program consists of five basic sections: an introduction to The Turnaround Concept, New Directions in Eating and Exercise, The Nutrition Turnaround, The Physical Activity Turnaround and a conclusion. The program demonstrates to people of all ages and occupations how to fit sensible eating and exercise habits into their everyday lives, using a system of simple behavioral strategies outlined in a complete kit. Slides, a cassette, a number of booklets, and a leader's guide are included in the kit. (ls)
The Waist Land: Eating Disorders in America.

Abstract: This film explores the social and psychological forces behind the growth of bulimia and anorexia nervosa, and how they are afflicting thousands of young women. The film explores the role of advertising in promoting the image of the “beautiful woman.” It also investigates the psychological and emotional implications that surround the drive for thinness in our culture. Because of the emergence of widespread eating disorders, the film stresses the importance of re-evaluating weight standards and beauty images.

The Waist Land: Why diets don’t work.

Abstract: This documentary film is designed to focus on the issues of dieting and its role as a national obsession for most American women. The film illustrates the unfortunate role which the media play in presenting the ideal women as unrealistically thin. Interviews with doctors, psychologists and overweight individuals present information on the reasons for diet failures and the effect of today’s “ideal image” on a woman’s lifestyle and overall self-image. In addition, the health problems associated with constant weight fluctuations and poorly designed or fad diets are presented as serious problems.

Weight Management: Great Performance Inc.

Abstract: Four aspects of weight management: moderate and regular exercise; making wise and nutritious food choices (lowering fat intake, food preparation tips, variety of foods and portion control); identifying emotions, attitudes and norms which can affect eating; and anticipating energy needs are the skills reviewed in this videotape and accompanying guidebook. Three goals of weight management—diet, exercise and attitudes—are reviewed. Common myths identified concerning weight control are: certain combinations of food promote faster weight loss; one must avoid starchy foods to lose weight; spot weight reduction; and the inability for one to lose weight due to low metabolism. The appropriate percentages of body fat for men and women are discussed as a parameter for body composition; and different ways to measure body fat are presented.

The Wellness Lifestyle ABC Wide World of Learning.

Abstract: "Wellness", an approach to living based on exploiting the link between body and mind, is defined. Wellness encourages fulfilling one’s potential through a 5 point program that incorporates nutritional awareness, fitness, stress management, environmental sensitivity, and self-responsibility. Using different age groups, the film describes the 4 stages in planning a wellness system: 1) presentation of the overall concept; 2) creation of a personal wellness plan; 3) the development of a support group; and 4) monitoring and evaluation. A leader's guide is included.

What is Diabetes.

Abstract: Diabetes mellitus, a controllable disease, is explained. Diabetes is defined and its effects on body function are illustrated (e.g., the relationship between sugar, insulin, and body cells) with graphics. Symptoms of diabetes include hunger, tiredness, frequent urination, and excessive thirst. Guidelines are offered for controlling the disease: eliminate sweet, sugary foods; lose excess weight; and exercise regularly. Take precautions to protect feet, hands and skin. Home urine testing is explained (results should be shared with the doctor). Medication (i.e., Insulin) for control of diabetes is necessary for adults only when diabetes can’t be controlled by diet alone.
Moderate caloric reductions and increases in physical activity are key components of any successful weight loss regimen. A "body sense tip" demonstrates proper food alignment and exercises to strengthen the feet and ankles.

0124
Your cancer care diet.
Malibu, Calif. : The Polished Apple, 1985. Title on container: Your cancer diet. 1 filmstrip (76 fr.) : col. ; 35 mm. + 1 sound cassette (15 min. : 1 7/8 ips., mono.) + 1 program guide. --. (NAL Call No.: DNAL Film NO.12780 F&N AV).
Abstract: This instructional program describes the role of nutrition in cancer therapy. It encourages the patient and his/her family to take an active part in the recovery process. Adequate nutrient intake can enhance cancer therapy. A well-nourished patient responds better to radiation and chemotherapy, and recuperates faster from surgery. The importance of not losing weight, the amount of protein and calories needed and ways to overcome rejection of food or eating problems is discussed. (kbc)

0125
Your cancer care diet.
Abstract: The importance of proper nutrition in cancer therapy is stressed in this videocassette program for adolescents and adults, emphasizing the importance of minimizing weight loss, increasing dietary protein by 50% and Kilocalories by 20%, and overcoming loss of appetite and other eating problems. The etiology of cancer is described, including cell differentiation, to provide the viewer with an increased understanding of the disease, and a basic review of nutrition is included. The four food groups and suggested menus are discussed to help the patient with food selection. (is)

0126
Your coronary care diet.
Abstract: A dietary education program is presented for patients suffering from kidney failure. The program emphasizes nutritional requirements during renal failure and discusses key nutrients, calories, and fluid intakes and their relevancy to renal failure therapy. The patient is encouraged to assume an active part in treatment. While there are necessarily many dietary restrictions, there are a number of ways the patient can prepare and enjoy acceptable, flavorful, and nutritious meals. The program should allow the patient to identify key dietary nutrients for renal therapy, recall general dietary restrictions, and understand the consequences of not following this special diet. Such consequences include urea buildup in the blood (causing appetite loss, nausea, vomiting), fluid retention (causing shortness of breath, fluid build-up around the heart and lungs, increased blood pressure), and heart problems (from too much or too little potassium). (wz)

0127
Your low sodium dietDept. of Health Education, Mercy Hospital. --. Des Moines, Iowa : The Hospital, 1982. Title from container. 1 videocassette (14 min.) : col., sd. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.54 F&N).
Abstracts: A video depicts a woman with high blood pressure telling her neighbor about the low sodium diet her dietitian recommended. The woman explains rationale and principles of the diet; she then systematically reviews each food group, points out high sodium items in each group, and removes sample high sodium foods from her cupboards and refrigerator. Low sodium alternatives are described as the neighbors prepare a shopping list. Seasoning alternatives, brown bag lunches, the problems of eating away from home are also discussed. (ls)

0128
Abstract: A dietary education program is presented for the families of and patients suffering from kidney failure. The program emphasizes nutritional requirements during renal failure and discusses key nutrients, calories, and fluid intakes and their relevancy to renal failure therapy. The patient is encouraged to assume an active part in treatment. While there are necessarily many dietary restrictions, there are a number of ways the patient can prepare and enjoy acceptable, flavorful, and nutritious meals. The program should allow the patient to identify key dietary nutrients for renal therapy, recall general dietary restrictions, and understand the consequences of not following this special diet. Such consequences include urea buildup in the blood (causing appetite loss, nausea, vomiting), fluid retention (causing shortness of breath, fluid build-up around the heart and lungs, increased blood pressure), and heart problems (from too much or too little potassium). (wz)

0129
Your ulcer diet.
Abstract: A dietary education program
for use with patients having peptic ulcer disease, their families, and health care providers is presented. Discussion covers food items which are known to increase gastric acid secretion, decrease mucous cell formation, and relax the lower esophageal sphincter, all of which contribute to ulcer formation. Irritable food items include caffeine drinks, alcohol, pepper, and other spices. The program encourages the patients to take an active part in treating the peptic ulcer, and emphasizes dietary restrictions, rest, and antacid therapy. The patient should be able to identify key detrimental dietary factors, understand the consequences of not following the recommended special diet, and recall the general dietary restrictions upon completion of the course. (wz)

0130
Your weight reduction diet Linda Vickers. Vickers, Linda. Malibu, CA : The Polished Apple, 1984?. Audience: patients. VHS format. 1 videocassette (12 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.73 F&N). Abstract: This audiocassette is designed as a patient education program for persons on weight reduction diets. It uses cartoon illustrations to present information on Calorie counting, behavior modification, and increasing physical activity. Two main goals of the program are to help the patient understand the importance of a weight reduction diet and to recognize possible complications of not following the diet. Calories are defined and information is given to achieve one pound of weight loss per week by decreasing energy intake and increasing energy expenditure. (Is)