

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Diet/Nutrition

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|-----------------|---|-------------------------|---------------------|
| Material Title: | Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (Children's Materials) | | |
| Author: | Marlin S. Potash, Ed.D. | <i>Children's Books</i> | 2001 261 pages |

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

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| Material Title: | Anorexia Nervosa: When Food Is the Enemy* (Children's Materials) | | |
| Author: | Erica Smith | <i>Children's Books</i> | 1999 57 pages |

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

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|-----------------|---|--------------|---------------------|
| Material Title: | Change Your Brain Change Your Life | | |
| Author: | Daniel G Amen | <i>Books</i> | 1998 305 pages |

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

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|-----------------|--|-------------|-----------------|
| Material Title: | Eating Disorders: Foster Parent College (DVD) | | |
| Author: | Rick Delaney | <i>DVDs</i> | 2003 2 Hrs |

Rick Delaney helps parents identify and understand four types of eating disorders with children - refusing certain foods, stealing and hoarding food, anorexia, and gorging - and offers practical solutions.

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|-----------------|--|-------------------------|--------------------|
| Material Title: | My Body, My Self for Boys* (Children's Materials) | | |
| Author: | Lynda Madaras | <i>Children's Books</i> | 2007 92 pages |

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

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|-----------------|---|-------------------------|---------------------|
| Material Title: | My Body, My Self for Girls* (Children's Materials) | | |
| Author: | Lynda Madaras | <i>Children's Books</i> | 2000 117 pages |

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

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|-----------------|---------------------------------------|--------------|---------------------|
| Material Title: | Special Diets for Special Kids | | |
| Author: | Lisa Lewis | <i>Books</i> | 2011 239 pages |

The first part of the book describes dietary intervention in detail, from both a scientific and a personal approach. Studies have shown that children with autism have a marked deficiency of enzymes that break down gluten and casein, which may explain why GFCF diets have yielded positive results for many children. The second part of the book is an easy-to-follow cookbook, containing over 200 recipes like: banana-nut pancakes; tortillas/wraps; shepherd's pie; chili; cakes and cookies; blueberry muffins; chicken nuggets; mock mac and cheese; turkey dressing - and many more!

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|-----------------|--|-------------------------|---------------------|
| Material Title: | Understanding Bulimia Nervosa* (Children's Materials) | | |
| Author: | Debbie Stanley | <i>Children's Books</i> | 1999 115 pages |

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

Diet/Nutrition

Material Title: **What's Happening to My Body? Book for Boys, The* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

Material Title: **What's Happening to My Body? Book for Girls, The* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**
Author: Marie-Annette Brown and Jo Robinson *Books* 2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

Material Title: **Why Can't I Eat That: Helping Kids Obey Medical Diets**
Author: John Taylor & R. Sharon Latta *Books* 1996 224 pages

This book helps parents and professionals with psychological and practical advice for getting kids to follow prescribed guidelines for weight control, diabetes, food allergies, digestive disorders, cancer, and hypoglycemia.

Material Title: **Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn?**
Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself – today!