Diet Choices Resources for *Fast Food Nation*

### Databases

**Suggested search terms:**
local food movement, vegetarian, vegan, Slow Food, food habits – moral and ethical aspects

- **Consumer Health Complete**
- **Opposing Viewpoints**

### Books

- **GT 2850 .M375 2010**
  Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly
- **QP 141 .E467 2009**
  The End of Overeating: Taking Control of the Insatiable American Appetite
- **RA 784 .N665 2011**
  Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet
- **RM 222.2 .G785 2005**
  French Women Don't Get Fat
- **RA784.P6429 2009**
  Food Rules: An Eater’s Manual
- **RC 552 .C65 W36 2006**
  Mindless Eating: Why We Eat More Than We Think
- **RC 662 .W3152 2009**
  Guide to Healthy Fast-Food Eating
- **RM 222.2 .W3285 2010**
  Real Food Has Curves: How to Get off Processed Food, Lose Weight, and Love What You Eat
- **TX 357 .S527 2007**
  The Ethics of What We Eat: Why Our Food Choices Matter
- **TX 360 .C32 B78 2007**
  Plenty: Eating Locally on the 100 Mile Diet
- **TX 370 .A54 2006**
  Fast Food Fix: 75+ Amazing Recipe Makeovers of Your Fast Food Restaurant Favorites
- **TX 370 .S635 2012 v.1 –2 Ref**
  Fast Food and Junk Food: An Encyclopedia of What We Love to Eat
- **TX 392 .F58 2009**
  Eating Animals
- **TX 392 .F67 2011**
  Forks over Knives: the Plant-Based Way to Better Health
- **TX 392 .H63 2010**
  Living Vegetarian for Dummies
- **TX 392 .T687 2010**
  Vegan Freak: Being Vegan in a Non-Vegan World

### DVDs

- **HD 9005 .F66 2009**
  Food, Inc.
- **RA 645 .O23 K55 2009**
  Killer at Large
- **RC 628 .S325 2012**
  The Weight of the Nation

### Websites

- **Healthy Eating Helpguide**
- **WebMD diet**
- **Vegetarian Resource Group**
- **Vegetarian Times**

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**Need More Help?**

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8/16/2012