

Health Resources



Nutrition Resources



Websites to Check out

The government's website for food and nutrition:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

Food pyramid:

<http://www.mypyramid.gov/>

Look up supplements

: http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx

Find out what nutrients are in your food:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

This is a good site for unit conversions, calculating your daily caloric need, and food label information:

<http://www.nutritiondata.com/>

Books For Nutrition

The Family Nutrition Book - Everything You Need to Know About Feeding Your Children From Birth Through Adolescence by Dr. Williams Sears and Martha Sears.

American Dietetic Association Complete Food and Nutrition Guide by Roberta Larson Duyff.

The Complete Idiot's Guide to Total Nutrition by Dr. Larrian Gillespie

Staying Healthy With Nutrition, 21st Century Edition: The Complete Guide to Diet & Nutritional Medicine by Dr. Elson M. Haas and Dr. Buck Levin

Food Cures by Joy Bauer

Visit the [Cedar Falls Library](#) for more books on Nutrition .

Local Resources

[Roots market and Deli](#)

[Hy-Vee Registered Dietician](#)

Cedar Falls Farmers Market at
Overman Park



AGAPE THERAPY

• www.agapetherapy.com •

A little bit about the books

Books For Nutrition

The Family Nutrition Book - Everything You Need to Know About Feeding Your Children From Birth Through Adolescence by Dr. Williams Sears and Martha Sears.

This is a family nutrition book that helps parents to feed children who are picky eaters. It also has a section about whether to use organic or regular baby food. There are tips on how to reduce fat in your diet too.

American Dietetic Association Complete Food and Nutrition Guide by Roberta Larson Duyff.

This book addresses issues with breast cancer, heart disease, menopause, what is healthy weight, food allergies, celiac disease, and kids nutrition tips. It is produced by the American Dietetic Association. Also included is a new section on supplement use and abuse of supplements. It is a comprehensive food guide on food choices in restaurants, food labeling, and managing body weight.

The Complete Idiot's Guide to Total Nutrition by Dr. Larrian Gillespie

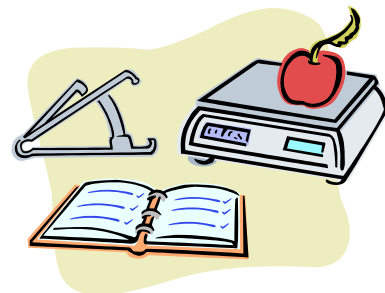
This book focuses on low fat, high fiber, low sodium, and low glycemic meals that are quick and easy. Most of these recipes can be made in a crock pot or in one pot. This book includes numbers for blood pressure and sodium intake. There is a section for helping children that are overweight. This book is loaded with facts on daily vitamin and mineral intake to cholesterol and shopping for healthy foods.

Staying Healthy With Nutrition, 21st Century Edition: The Complete Guide to Diet & Nutritional Medicine by Dr. Elson M. Haas and Dr. Buck Levin

This book is easy to understand and has an abundance of information that is very helpful. It includes categories of analyzing the building blocks of nutrition; evaluating diets and foods; discussing how to build a healthy diet; and explaining nutritional applications. This book includes health surveys to test your knowledge of health and to have an understanding on where you may be at in regards to health.

Food Cures by Joy Bauer

This book is an easy read and focus on how food can affect your health for good or for bad. It includes healthy recipes and suggestions for foods that can help with common health concerns. There are several sections in this large book.



Health Resources

Exercise



Strength:

- Agape Therapy Wellness Programs
- Fit Xpress
- Cedar Falls Recreation Center
- Ferrell's Xtreme Body Shaping
- Anytime Fitness
- Key West Fitness
- Snap Fitness

Cardio:

- Cedar Falls Recreation Center
- Ferrell's Xtreme Body Shaping
- Cedar Valley Trails
- Agape Therapy Wellness Programs

Stretch;

- Field of Yoga
- NRG Pilates by Nicky
- Fit Express

Local Businesses To Help You Find the Right Tools To Get Moving

Get Moving

- The Runner's Flat
- Bike Tech
- Europa Cycle & Ski
- Iowa Sports Supply



Get Reading

- Cedar Falls Public Library
- Wiley's Christian Books

Feel Good

- Agape Therapy massage
- Dr. Tom Dueker, D.C.



Health Resources

Healthy Mind and Soul

Books

- The Bible
- Behavior Change by Hank Feiger
- The 7 Habits of Highly Effective people by Stephen Covey
- The Road less Traveled by Dr. Scott Peck
- Man's Search for Meaning by Viktor Frankl
- Transitions by William Bridges
- The Power of Positive Thinking by Norman Vincent Peale
- Change of Die by Alan Deutschman
- Blink by Malcolm Gladwell
- Parenting Teens with Love and Logic by Foster Cline and Jim Fay
- Children the Challenge by Rudolf Dreikurs

Movies

- FOOD INC
A must see documentary on things we need to know. Some people may be very surprised at the food sources that we eat from.
- Fast Food Nation
A dramatized version of the book, it uses all of the same true facts.
- Super Size Me
This is funny but sobering and good for everyone to see.
- The Secret
- What the Bleep Do We Know
- Food Matters
- Defending Your Life
Albert Brooks and Meryl Streep - a small lovely movie with a psychological dimension. It is inspiring and very funny.



Eating Out In Cedar Valley



- Pita Pit
- Hy-Vee Deli
- Pablo's Mexican Grill
- Pancheros Mexican Grill
- Sub Way
- Sub City
- Reataz's Deli
- Panera
- Red Lobster

These are a few places with healthy choices. There are many restaurants with healthy or lighter options around Cedar Valley.

