

HEALTHY EATING & WELLBEING COURSE – REFERENCES

1. THE DIGESTIVE SYSTEM

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3
 Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc. Chapter 2
 Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 3

2. NUTRIENTS

2.1 Macronutrients

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 1, 4-6
 Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 1
 Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 10-12

2.2 Micronutrients

2.3 Various Nutrients & Some of Their Primary Food Sources - Overview

2.4 Reference Nutrient Intakes

2.5 Other nutrients of importance

2.6 Non-nutrient constituents

British Nutrition Foundation (2018) *Nutrient Requirements*. Accessed:
<https://www.nutrition.org.uk/healthyliving/resources/nutritionrequirements.html>
 NHS (2018) *Vitamins and minerals*. Accessed:
<https://www.nhs.uk/conditions/vitamins-and-minerals/>
 Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapters 10-13
 Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 13-15

3. ELEMENTS OF A BALANCED DIET

3.1 Balance of good diet

3.2 Other considerations for a healthy diet

Duyff RL (2012) *American Dietetic Association Complete Food and Nutrition Guide*. 4th revised edition. John Wiley & Sons. Chapter 11 & 15
 NHS (2018) *Eating a balanced diet*. Accessed:
<https://www.nhs.uk/live-well/eat-well/>
 Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 2
 Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapters 1 & 2

3.3 Important Debates/ Controversies Surrounding Diet and Health

Modality Partnership NHS (2018) *NHS Website - What are superfoods?* Accessed:

<https://modalitypartnership.nhs.uk/self-help/livewell/topics/superfoods/what-are-superfoods>

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapters 3

Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 19

4. NUTRIENTS & THE COOKING PROCESS, FOOD STORAGE & FOOD PROCESSING

4.1 The cooking Process

4.2 Food storage

4.3 Food processing

4.4 Refining food

Lean MEJ (2006) *Fox and Cameron's Food Science, Nutrition & Health*. 7th Edition. Hodder Arnold Publication, CRC Press. Chapters 16, 18 & 19

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 19

4.5 Environmental pollutants

Lean MEJ (2006) *Fox and Cameron's Food Science, Nutrition & Health*. 7th Edition. Hodder Arnold Publication, CRC Press. Chapters 19– 20

Youngberg G & DeMuth SP (2013) *Organic agriculture in the United States: A 30-year retrospective preview*. Renewable Agriculture and Food Systems, 28, pp 294-328.

5. METABOLISM, BASAL METABOLIC RATE AND UNITS OF ENERGY

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3

Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc. Chapter 1 & 8

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 7

6. IMPORTANCE & BENEFITS OF EATING REGULARLY

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3

Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc. Chapter 2

NHS (2018) Eating a balanced diet. Accessed:

<https://www.nhs.uk/live-well/eat-well/>

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 7

7. BASIC RULES/ GUIDELINES OF FOOD LABELLING

British Government (2018) *Food labelling and packaging*. Accessed:

<https://www.gov.uk/food-labelling-and-packaging/>

Food Standards Agency (2018) *Food allergen labelling*. Accessed:

<https://www.food.gov.uk/science/allergy-intolerance/label>

Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 2

8. NUTRITIONAL IMBALANCES AND HEALTH AND WELL-BEING

8.1 Common Anti-nutrients General Health and Well-Being

Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 18

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 5

8.2 Common Ailments with Links to Nutritional Imbalances

NHS UK (2018) *Health A-Z*. Accessed:

<http://www.nhs.uk/conditions/>

Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 18

8.3 Specific Conditions and Nutrition

Hypoglycaemia

Diabetes mellitus

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 2

NHS UK (2018) *Low blood sugar (hypoglycaemia)*. Accessed:

<http://www.nhs.uk/conditions/hypoglycaemia/Pages/Introduction.aspx>

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 26

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 17

Gluten intolerance

Dairy intolerance

Nut intolerance

Brostoff J & Gamlin L (2008) *The Complete Guide to Food Allergy and Intolerance*. 4th Edition. Quality Health Books Chapter 7

NHS UK (2018) *Food allergy*. NHS. Accessed:

<https://www.nhs.uk/conditions/food-allergy/>

NHS UK (2018) *Food intolerance*. Accessed:

<https://www.nhs.uk/conditions/food-intolerance/>

8.4 Disorders and Diseases of the Digestive System

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3

Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc.

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapters 23-24

9. OTHER DIETARY HABITS AND FACTORS

Personal preferences

Social factors

Religious beliefs

Vegetarianism

Macrobiotic diet

Food combining

Cancer Research UK (2018) *Macrobiotic diet*. Accessed:

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies/macrobiotic>

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapters 2 & 18

10. PRINCIPLES OF WEIGHT LOSS AND WEIGHT MANAGEMENT

Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3

Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc.

NHS UK (2018) *12 tips to help you lose weight on the 12-week plan*. NHS Choices. Accessed:

<https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/>

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 9

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 9

11. GENERAL AND FURTHER ADVICE FOR HEALTH AND WELL-BEING

NHS (2018) *Live Well*. Accessed:

<https://www.nhs.uk/live-well/>

NHS (2018) *Physical activity guidelines for adults*. Accessed:

<https://www.nhs.uk/live-well/exercise/>

Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapters 16-17