



1010 Dearborn St Caldwell ID 83605 (208) 459-3242 ph (208) 459-7344 fax
Infolibrary@cityofcaldwell.org www.caldwellpubliclibrary.org

ADULTING 101 SERIES

JANUARY: NEW YEAR NUTRITION

Reading List:

- *Food Rules*, by Michael Pollan
- *Eating Well for Optimum Health*, by Andrew Weil, M.D.
- *101 Questions about Food and Digestion*, by Faith Hickman Brynie
- *The Secret Life of Fat*, by Sylvia Tara, PhD
- *Foodist*, by Darya Pino Rose, PhD
- *Healthy Eating*, by Lori A Smolin, PhD and Mary B. Grosvenor, M.S., R.D.
- *In Defense of Food*, by Michael Pollan
- *Magic Foods for Better Blood Sugar*, by Reader's Digest
- *Complete Food and Nutrition Guide*, by American Dietetic Association
- *Foods that Harm Foods that Heal*, by Reader's Digest

Helpful Web Resources:

Updated food chart:

<https://www.choosemyplate.gov/>

Whole Grains Nutrition Information:

<https://wholegrainscouncil.org/>

For more information on how to find these resources, visit the Information desk or book an appointment with a librarian or tech tutor!