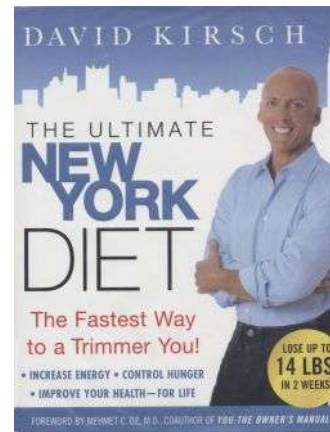
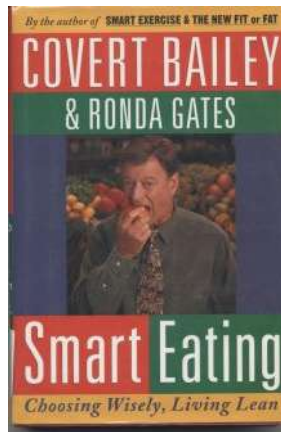
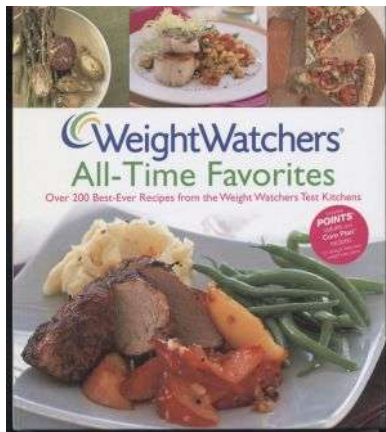


**Blue Ridge Community College
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Nutrition and Dieting
January 2010**



Bio-plan for lifelong weight control, Naola Vanorden

Choose to lose Diet, Ron and Nancy Goor

Cookbooks for the 90's, Helen Fisher

Diets don't work, Dr. Bob Schwartz

Glycemic load diet, Rob Thompson

Healing Gourmet; eat to lower cholesterol

Healthy cooking for two, Frances Price

In the kitchen with Rosie; Oprah's favorite recipes, Rosie Daley

Lean and luscious

Microwave diet cookery, Marcia Cone and Thelma Snyder

Midlife miracle diet, Adele Puhn

9 truths about weight loss; the no tricks, no nonsense plan for lifelong weight control, Daniel Kirschenbaum

Outsmarting the midlife fat cell, Debra Waterhouse
Spence, William Perkins

Smart eating; choosing wisely, living lean, Covert Bailey
and Ronda Gates

South Beach diet super charged, Arthur Agatston

Ultimate New York Diet; the fastest way to a trimmer you,
David Kirsch

Weight Watchers All-time favorites

