



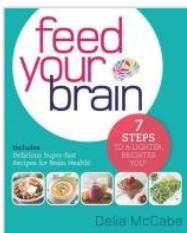
SUBJECT GUIDE: DIET

'Diet' refers to the food and drink a person consumes in a day and the mental and physical circumstances connected to eating. It can be particularly challenging to balance your diet during stressful times. Good nutrition is vital to good health and even more important to help boost your immune system.

Geelong Regional Libraries is here to help you navigate the myriad of resources available to manage a range of diet needs and wants. A healthy diet can help you manage your weight, mental health and build a strong immune system. For optimal health it is also important to remain physically active.

If you are looking changing how you eat or increasing physical activity and have questions or concerns, speak to your chosen health professional. This guide is general in nature and aims to share resources and information; it should not be taken as advice or personal recommendations.

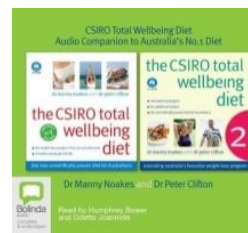
eAudiobooks on BorrowBox



DELIA MCCABE – FEED YOUR BRAIN

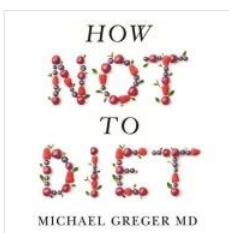
In Part 1 of *Feed Your Brain*, Delia outlines her 7-step program, explains how the brain works, and shows how nutrients affect its function.

Part 2 features delicious, easy recipes to form the basis of your new diet and inspire your own ideas.



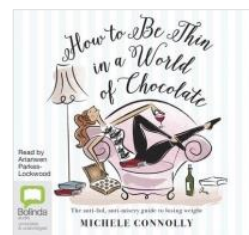
DR MANNY NOAKES AND DR PETER CLIFTON– THE CSIRO TOTAL WELLBEING DIET

The Total Wellbeing Diet, developed by Australia's CSIRO, is not just another diet; it's a long-term healthy eating plan that can make you feel great.



MICHAEL GREGER– HOW NOT TO DIET

How Not to Diet is a treasure trove of buried data and cutting-edge dietary research that Dr Michael Greger has translated into accessible, actionable advice with exciting tools and tricks that will help you to safely lose weight and eliminate unwanted body fat – for good.



MICHELE CONNOLLY– HOW TO BE THIN IN A WORLD OF CHOCOLATE

In How to Be Thin in A World of Chocolate Michele shares her strategies of how to lose weight while at the same time keep, or even increase, your sense of pleasure in life. Not to mention your sanity.



BERNADETTE FISERS – THE LITTLE BOOK OF BIG WEIGHTLOSS

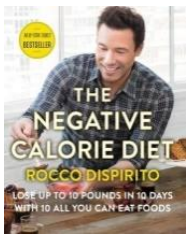
Based on a set of 31 food and lifestyle ‘rules’ this little book offers a fresh ‘can do’ approach to dieting and sustainable health.

eBooks on BorrowBox



SANDRA AAMODT– WHY DIETS MAKE US FAT

With clarity and candour, Aamodt makes a spirited case for abandoning diets in favour of behaviours that will truly improve and extend our lives.



ROCCO DISPIRITO– THE NEGATIVE CALORIE DIET

Complete with grocery shopping lists, troubleshooting FAQs, a guide to dining out, and advice for adapting the plan for kids and families as well as vegetarian, gluten-free, and low-sugar lifestyles.



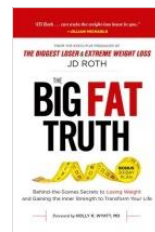
ROBYNNE CHUKTAN– THE MICROBIOME SOLUTION

Synthesising the latest findings, Dr Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the ‘good bugs’ that keep us healthy.



PRESTON W. ESTEP– THE MINDSPAN DIET

The Mindspan Diet will give you a whole new perspective on how food affects you, just as it shows that you can enjoy the richest flavours life has to offer and remain lean, healthy and cognitively intact for a very long time.



JD ROTH– THE BIG FAT TRUTH

From the man who created weight-loss television, a no-holds-barred guide to shedding the pounds for good. Employing the same skills he has used on *The Biggest Loser*, *Extreme Weight Loss*, *The Revolution*, and other reality TV series.

Magazines on PressReader



BBC GOOD FOOD

With more brand-new recipe ideas than any other food magazine in Britain, *BBC Good Food* offers meal ideas ranging from classic comfort food to the latest culinary creations.



BEST HEALTH

Canada's premier health and wellness magazine, providing women the tools they need to create a beautiful and balanced life.



BETTER NUTRITION

Since 1938 *Better Nutrition's* mission has been to inform health-food-store shoppers in nutritional approaches to health and wellness, as well as report on the latest research.



CLEAN EATING

Clean Eating delivers recipes made without additives or processed foods, as well as the latest news in health and wellness.



DIABETIC LIVING AUSTRALIA

Diabetic Living features information on living well, exercise, news in the world of diabetes, real life stories and the popular and delicious recipes featured in every issue.



HEALTHY FOOD GUIDE

Healthy Food Guide is a monthly magazine that makes it easy for anyone to make healthy eating choices.

The Great Courses on Kanopy



FAT A DOCUMENTARY

FAT exposes the widespread myths and lies around healthy eating, fat and weight loss.



HOW FOOD IS DIGESTED AND ABSORBED

Episode 3 of 'Changing Body Composition through Diet and Exercise'

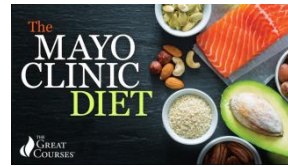
Learn about the chemical reactions involved in digestion and absorption and the mechanisms of nutrient partitioning



FOOD LABELING AND NUTRITIONAL CHOICES

Episode 11 of 'Changing Body Composition through Diet and Exercise'

This episode delivers a step by step guide on how to use food labelling as a tool to identify the most nutrient dense products.



THE MAYO CLINIC DIET

In these 12 episodes learn practical tips to help you implement behavioural changes needed to lose weight and keep it off.



CATALYST: GUT REVOLUTION

Gut revolution follows two people with debilitating gut issues on their quest for better health.

Web resources

Please note that these are external resources.

[Australian Government Department of Health: Healthy Weight Guide](#)

The Healthy Weight Guide has been developed to provide you with the information you need to help you understand the importance of healthy eating and physical activity in achieving and maintaining a healthy weight.

eatforhealth.gov.au

Detailed information about Australian Dietary Guidelines along with lots of resources.

[HelpGuide](#)

HelpGuide is a non-profit mental health and wellness website.

[My Fitness Pal](#)

Consumer Reports number 1 rated diet and PC Magazine's Editor's Choice Selection, number 1 healthy and fitness app four years running. Lose weight, tone up, get healthy, change your habits or start a new diet.