

## **SECTION 3**

### **REFERENCES**

#### **INTRODUCTION**

This section provides a list of suggested articles and books covering topics of interest in the areas of women's health, diet and cancer, diet and heart disease, and group process/facilitation skills.

There is also a listing of lower-fat cookbooks that contain a variety of recipes appropriate for a 20% fat high fruit/vegetable and grain eating pattern.

### 3.1 Suggested Readings

#### Women's Health Concerns:

Repka FJ. Women's health care: Changing concepts. *Journal of American Dietetic Association* 1993; 93:1013-1014.

Wardlaw GM. Putting osteoporosis in perspective. *Journal of American Dietetic Association* 1993; 93:1000-1006.

The American Dietetic Association. Lactose-restricted diet. Handbook of Clinical Dietetics, second edition. New Haven, Yale University Press. 317-20, 1992.

#### Diet and Cancer:

Hankin JH. Role of nutrition in women's health: Diet and breast cancer. *Journal of American Dietetic Association* 1993; 93:994-999.

Byers T. Diet and Cancer. *Cancer* 1988; 625:1713-1724.

Prentice RL and Sheppard L. Dietary fat and cancer: consistency of epidemiologic data, and disease prevention that may follow from a practical reduction in fat consumption. *Cancer Causes Control* 1990; 1:91-97.

#### Diet and Cardiovascular Heart Disease:

Kris-Etherton PM and Krummel D. Role of nutrition in the prevention and treatment of coronary heart disease in women. *Journal of American Dietetic Association* 1993; 93:987-993.

Castelli WP. Diet, smoking, and alcohol: influence on coronary heart disease risk. *American Journal of Kidney Diseases* 1990; 16 (4 Suppl 1):41-46.

Stone NJ. Diet, lipids, and coronary heart disease. *Endocrinology & Metabolism Clinics of North American* 1990; 19:321-344.

National Cholesterol Education Program. Report of the expert panel on detection, evaluation, and treatment of high blood cholesterol in adults. NIH Publication No. 88-2925. 1988.

Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. Summary of the second report of the National Cholesterol Education Program (NCEP expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel II). *J Am Med Assoc* 269:3015-3023, 1993.

American Heart Association. Dietary guidelines for healthy American adults: A statement for physicians and health professionals by the Nutrition Committee, American Heart Association. *Circulation* 74:1465A-68A, 1986.

#### Diet and Diabetes:

American Diabetes Association. Nutrition recommendations and principles for people with diabetes mellitus. *Diabetes Care* 1994;17:519-522. (Also reprinted in the May 1994 Journal of the American Dietetic Association.)

Franz MJ, Horton ES, Bantle JP, Beebe CA, Brunzell JD, Coulston AM, Henry RR, Hoogwerf BJ, Stacpoole PW. Nutrition principles for the management of diabetes and related complications (Technical Review). *Diabetes Care* 1994;17:490-518.

Tinker LF, Heins JM, Holler HJ. Commentary and translation: 1994 nutrition recommendations for diabetes. *J Amer Diet Assoc* 1994;94:507-511.

Original Women's Health Trial Vanguard Study:

Gorbach SL, Morrill-LaBrode A, Woods MN, Dwyer JT, Selles WD, Henderson M, Insull W, Goldman S, Thompson D, Clifford C, and Sheppard L. Changes in food patterns during a low-fat dietary intervention in women. *Journal of the American Dietetic Association* 1990; 90:802-809.

Henderson MH, Kushi LH, Thompson DJ, Gorbach SL, Clifford CK, Insull W, Moskowitz M, and Thompson RS. Feasibility of a randomized trial of a low-fat diet for the prevention of breast cancer: Dietary compliance in the Women's Health Trial Vanguard Study. *Preventive Medicine* 1990; 19:115-133.

Burrows ER, Henry HH, Bowen DJ, and Henderson MH. Nutritional applications of a clinical low-fat dietary intervention to public health change. *Journal of Nutrition Education* 1993; 25:167-175.

Sheppard L, Kristal AR and Kushi L. Weight loss in women participating in a randomized trial of low-fat diets. *American Journal of Clinical Nutrition* 1991; 54:821-828.

Kristal AR, White E, Shattuck AL, Curry S, Anderson GL, Fowler A, and Urban N. Longer-term maintenance of a low-fat diet: Durability of fat-related dietary habits in the Women's Health Trial. *Journal of American Dietetic Association* 1992; 92:553-559.

White E, Hurlich M, Thompson RS, Woods MN, Henderson MM, Urban U, and Kristal A. Dietary changes among husbands of participants in a low-fat dietary intervention. *American Journal of Preventive Medicine* 1991; 75:319-325.

Group Process:

Holi BB and Calabrese RJ. Communication and Education Skills: The Dietitian's Guide. Lea & Febiger, Philadelphia, PA, 1986.

Raab C and Tillotson J (eds.): Heart to Heart Washington, DC, US Dept. of Health and Human Services, NIH Pub.# 83-1528, September, 1983.

Beebe SA and Masterson JT: Communicating in Small Groups. 2nd ed. Glenview, IL, Scott, Foresman and Co., 1986.

Brilhart JK: Effective Group Discussion. 4th ed. Dubuque, IA, William C. Brown Co., 1982.

Dyer W and Vriend J. Counseling Techniques that Work. American Counseling Association. Alexandria, VA 22304-3300, 1988.

McLagan PA. Helping Others Learn. Addison-Wesley Publishing Co., Reading, MA, 1978.

### 3.2 Lower-Fat Cookbooks

The New American Diet. Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.

Over 50 and Still Cooking: Recipes for Good Health and Long Life. Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc. San Leandro, CA, 1990.

A Lowfat Lifeline for the 90's. Valerie Parker. Lowfat Publications, 52 Condolea Court, Lake Oswego, OR, 97035, 1990.

Low Fat and Loving It. Ruth Spear. Warner Books, Inc., New York, NY, 10103, 1991.

Seafood: A Collection of Heart-Healthy Recipes. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1986.

Light-Hearted Seafood. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1989.

Jane Brody's Good Food Book: Living the High-Carbohydrate Way. Jane E. Brody. Bantam Books, New York, NY, 1985.

Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining. Jane E. Brody. Bantam Books, New York, NY, 1990.

Controlling Your Fat Tooth. Joseph C. Piscatella. Workman Publishing, New York, NY, 10003, 1991.

Lean and Luscious Meatless. Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA, 95677, 1992.

Lean and Luscious. Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1987.

Food for Life: The Cancer Prevention Cookbook. Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1986.

Graham Kerr's Smart Cooking. Graham Kerr. Doubleday, New York, NY, 1991.

Graham Kerr's Creative Choices Cookbook. Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.

Cooking Light Cookbook. Oxmoor House, Inc., Birmingham, AL, 35201, 1992. (Published once a year.)

The Healthy Heart Cookbook. Oxmoor House, Inc., Birmingham, AL, 35201, 1992.

The Low-Fat Way to Cook. Oxmoor House, Inc., Birmingham, AL 35201, 1993.

Sunset Low-Fat Cookbook. Sunset Publishing Corporation, Menlo Park, CA, 1992.

All-American Low-Fat Meals in Minutes. M.J. Smith, DCI Publishing, Inc., Minneapolis, MN 55447-9727, 1990.

Mexican Light Cooking. Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.

Southern But Lite. Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second printing, February, 1990.

Six Ingredients or Less: Cooking Light & Healthy. Carlean Johnson. C.J. Books, Gig Harbor, WA, 98335, 1992.

Eating on the Run. Evelyn Tribole. Leisure Press, Champaign, IL 61825-5076, 1992.

Not Just Cheesecake. Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1988.

Snack to Your Heart's Content. Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.

The Quick and Delicious Low-Fat, Low-Salt Cookbook. Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.

Quick and Healthy Recipes and Ideas. Brenda J. Ponichtera. Scale Down, 1519 Hermits Way, The Dalles, OR 97058, 1991.

Light and Healthy Microwave Cooking. Janet Emal and Elizabeth Taylor. HP Books, Inc., P.O. Box 5367, Dept. NIH-A6, Tucson, AZ 85703, 1986.

Section 3  
References

Table of Contents

Contents	Page
INTRODUCTION .....	3-1
3.1 Suggested Readings .....	3-2
3.2 Lower-Fat Cookbooks .....	3-4