

Diets

<http://www.nlm.nih.gov/medlineplus/diets.html>

Teen Health FX**Sports & Nutrition**

<http://teenhealthfx.com/answers/Sports/index.php>

Advice from Teens: tips to maintain a health body image

<http://teenhealthfx.com/answers/Sports/index.php>

Teens Health**Eating Disorders**

http://kidshealth.org/teen/food_fitness_eat_disorder.html

Young Men's Health**Nutrition & Fitness**

www.youngmenshealthsite.org/menu_nutrition.html

Databases

The Library has access to databases containing health information for teens. The following databases may be accessed away from the library. Library card holders will be asked to enter a User ID, which is the barcode on the back of your library card number, and a PIN. Your PIN number is your birthday (mmddyyyy).

<http://www.texascity-library.org>

Select the Online Databases button located at the bottom right of the webpage. Click on remote users and scroll down to Health and Medicine.

Consumer Health Complete

This database may be searched by topic. Information specifically for teens may be found under Children's Health, Fact Sheets & Pamphlets, and Encyclopedias & Reference Books. This database also provides resources in Spanish.

Gale Health & Wellness Resource Center

This database will connect you to several of the web resources listed under Web Resources.

Salem Health Magill's Medical Guide

Information on eating disorders may be found using the Search feature on the main page.

Services for Eating Disorders**Go Local Texas Gulf Coast**

Go Local can help you find the medical care in the Galveston County area.
www.medlineplus.gov/tgc

MOORE MEMORIAL PUBLIC LIBRARY

1701 9th Avenue N.

Texas City, TX 77590

Phone: 409-643-5977

www.texascity-library.org



Body Image: Teen Health Resources

October 2009

Body Image: Teen Health Resources

All Made Up: a girl's guide to seeing through celebrity hype and celebrating real beauty

Brashich, Audrey
J 646.7 Brashich

Body Drama

Redd, Nancy Amanda
612.008352 Redd

Body Image

Williams, Heidi
306.4613 Body

Bulimia

Ed. Ruggers, Adriane
616.85263 Bulimia

Diet Information for Teens: healthy tips about diet and nutrition

613.2083 Diet

Dying to be Thin

DVD
616.852 Dying

Eating Disorders

Nardo, Don
616.8526 Nardo

Eating Disorders

Savage, Lorraine
362.1968526 Eating

Fat! So?: because you don't have to

apologize for your size

Wann, Marilyn
306.4 Wann

I'm, Like, SO Fat!: helping your teen make health choices about eating & exercise in a weight-obsessed world

Neumark-Sztainer,
Dianne
618.928526 Newmark



Insatiable: the compelling story of 4 teens, food, and its power

Eliot, Eve
616.8562 Eliot

Ravenous: the stirring tale of teen love, loss, and courage

Eliot, Eve
616.8526 Eliot

The Teen Weight-loss Solution: the safe and effective path to health and self-confidence

Schwartz, Erika
613.25 Schwartz

When the Mirror Lies: anorexia, bulimia, and other eating disorders

Orr, Tamara
618.928526 Orr

Web Resources

**American Academy of Pediatrics
What is anorexia?**

http://www.aap.org/publiced/BR_Anorexia.htm

Nutrition

<http://www.aap.org/healthtopics/nutrition.cfm>

**Center for Young Women's Health
Nutrition**

www.youngwomenshealth.org/nutrition_menu.html

Eating Disorders: A general guide for teens

www.youngwomenshealth.org/eating_disorders.html

**Mayo Clinic– Tween and Teen Health
Teen Weight Loss: Safe Steps to a Healthy Weight**

<http://www.mayoclinic.com/health/teen-weight-loss/WT00012>

**Medline Plus- Teen Health
Nutrition**

<http://www.nlm.nih.gov/medlineplus/teenhealth.html#cat10>

Eating Disorders

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>