



News and Services of the Hekman Library –Summer, 2009

**SUMMER TIME AND THE LIVING IS EASY!**

Summer is a great time to investigate what resources are available at the Hekman Library to improve your health. So whether you are looking for a new food plan or a summer recipe, information on local farm markets, books or a database on fitness, we have it!

Start your health trip with a tour of the food pyramid.



The United States Department of Agriculture provides health information which includes personalized eating plans and interactive tools to help you plan and evaluate your food choices.

MyPyramid also offers podcasts, animation, age specific guide-

lines, tip of the day and menu planning. This is a great source for your nutrition needs.

MyPyramid.gov - <http://www.mypyramid.gov/>

**MedlinePlus®**  
Trusted Health Information for You

MEDLINE is the premier database of the U.S. National Library of Medicine (NLM). It contains over 12 million records of journal articles in all areas of the life sciences, with particular emphasis on biomedicine. MEDLINE records are created by NLM and collaborating partners. Source publications for MEDLINE cover basic biomedical research and the clinical sciences. Major subject areas include nursing, dentistry, veterinary medicine, pharmacy, allied health, and pre-clinical sciences. MEDLINE also covers life sciences that are vital to biomedical practitioners, researchers, and educators, including some aspects of biology, environmental science, marine biology, plant and animal science as well as biophysics and chemistry. Check it out!

Research Databases > MEDLINE (FirstSearch)

*Celebrate Michigan Farmers Markets!*



This website promotes local food by connecting farmers to consumers through farmers markets. Lots of great information is available on farmers markets across the state and you can even download a **free cookbook**, buying guide, and seasonal pamphlet.

<http://www.farmersmarkets.msu.edu/>



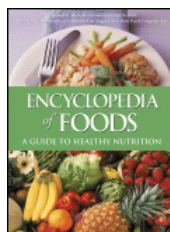
*Foods of Michigan*

Fresh, local & seasonal

A great website for those of you who would like growing tips and information on cooking fresh, local products. On the left hand side, under **Other Michigan Food Bloggers**, you will be introduced to an array of bloggers' posts that offer something for everyone's taste provided you do not want junk food.

<http://www.foodsofmichigan.com/>

**HEALTHY SUMMER REFERENCE**



Encyclopedia of foods: a guide to healthy nutrition  
Mayo Clinic.

[TX349 .E475 2002](#) Reference

Chock full of information on weight management, food selection, exercise, meal plans and more, this is an excellent companion to mypyramid.

Encyclopedia of sports & fitness nutrition  
[RA784 .A659 2002](#) Reference

This book contains information on the fundamentals of fitness nutrition, that extra edge (supplements), eating according to your life stage, and performing at your peak. A quick and easy read full of helpful information.

