

Topic: Nutrition and Diet

March 2006

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

Resource Types:

Books

First Step and *inMotion* articles

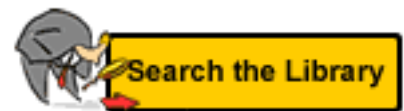
Articles on Research including

PubMed® Abstracts

Web Sites and Electronic Resources

Library OPAC

http://www.amputee-coalition.org/nllc_library.html



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

Books

Alternative Medicine and Rehabilitation / edited by Stanley F. Wainapel, Avital Fast. New York: Demos, c2003. ISBN 1-888799-66-8. This book focuses on treatment categories that are relevant to rehabilitation management: manipulation, movement therapies, mind/body therapies and a group that includes acupuncture and nutritional therapy.

American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Diabetes Reference. 2nd ed. Alexandria, VA: American Diabetes Association, c1999. ISBN 1-58040-038-8. The ADA has compiled this one-volume sourcebook to bring you all the information you need to live an active, healthy life with diabetes.

The Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers / Maria N. Meyer with Paula Derr; foreword by Mark O. Hatfield. 2nd ed. Portland, OR: CareTrust Publications LLC, c2002. ISBN 0-9664767-3-5. This easy-to-understand

guide takes readers through all the steps of home care, including details to ensure proper nutrition.

Conquer Pain the Natural Way: A Practical Guide / Leon Chaitow. San Francisco: Chronicle Books, c2002. ISBN 0-8118-3580-4. Whether you suffer from occasional or chronic pain, there are effective, natural solutions close at hand. Dr. Leon Chaitow describes how you can regain control using simple and proactive techniques such as a modified diet, targeted exercise, and careful stretching, as well as how to tap into your own therapeutic powers.

The National Diabetes Education Program: A Diabetes Community Partnership Guide. Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1999. Scientific evidence now shows that treatment of diabetes with diet, physical activity, and new medicines can prevent or delay much of the illness and complications associated with diabetes. This guide describes steps you can take to make a difference in the lives of people with diabetes in your community.

Orchid: Health and Wellness for Women With Disabilities. Special ed. Chapel Hill, NC: North Carolina Office on Disability and Health, 2001. The goal of this publication is to encourage all women with disabilities to be as healthy as possible. Physical health and wellness topics are covered, as well as topics such as relationships, gardening and travel. This publication is also available online and in Spanish at <http://www.fpg.unc.edu/~ncodh/orchid>

Prescription for Nutritional Healing / Phyllis A. Balch and James F. Balch. 3rd ed. New York: Avery, c2000. ISBN 1-58333-077-1. This guide to holistic health is divided into three parts. Part One lists and explains the various types of nutrients, food supplements, and herbs found in health food and drug stores. Part Two describes more than 250 common disorders, arranged in alphabetical order, and identifies the supplements that can be used to combat the conditions. Part Three is a guide to alternative remedies and therapies that can be used in conjunction with a nutritional program.

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First Step and inMotion Articles

“The Big O” * / Terrence P. Sheehan, M.D. Knoxville, TN: Amputee Coalition of America, 2005. *inMotion*, May / June 2005. “O” is for obesity. Those with limb loss are not exempt from joining this American epidemic and are more likely to suffer complications from being overweight. The article discusses the impact of obesity and

diabetes, heart disease, and osteoarthritis in people with limb loss.

“Changing Lifestyles: Amputees Improve Their Health Through Diet and Exercise” */

Scott McNutt. Knoxville, TN: Amputee Coalition of America, 2005.

inMotion, September / October 2005. This article focuses on how two amputees came to terms with taking charge of their health through diet and exercise.

“Exercise and Nutrition” / Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, January / February 1999. Exercise and nutrition are important for everyone, but imperative for diabetics. Exercise tips are included and the author maintains that “the best diet for a person with diabetes is like the best diet for anyone.”

http://www.amputee-coalition.org/inmotion/jan_feb_99/exercise.html

“Healthy Diet Helps Win the Battle Against Vascular Disease” / April Rose.

Knoxville, TN: Amputee Coalition of America, 1996. *inMotion*, April / May 1996.

Vascular disease, commonly known as "poor circulation," is responsible for over half of all deaths in the United States each year. Before it kills, though, the odds are that its victims will suffer from at least one heart attack, stroke or leg amputation. In this article, April Rose, a certified prosthetist / clinical dietitian, lists guidelines for avoiding vascular disease and its effects.

http://www.amputee-coalition.org/inmotion/apr_may_96/healthy_diet.html

http://www.amputee-coalition.org/inmotion/apr_may_96/healthy_diet.pdf

“Healthy Living: A Combination of Diet, Nutrition and Exercise” / Christina

DiMartino. Knoxville, TN: Amputee Coalition of America, 1999. *inMotion*, November /

December 1999. It's important for everyone to exercise, and we should all find the preventive maintenance fitness program best suited for us. There is no alternative, nor substitute, that increases the potential for a happier, healthier and improved quality of life. For those with amputations it's even more important to stay fit.

http://www.amputee-coalition.org/inmotion/nov_dec_99/living.html

“Living With Diabetes: Dieting? Do It Deliciously” / Christina DiMartino. Knoxville,

TN: Amputee Coalition of America, 2001. *inMotion*, May / June 2001. This article talks about the importance of a healthy diet in relation to controlling diabetes and includes dessert recipes.

http://www.amputee-coalition.org/inmotion/may_jun_01/diabetes.html

http://www.amputee-coalition.org/inmotion/may_jun_01/diabetes.pdf

“Looking Ahead With Diabetes” / Kate Shult. Knoxville, TN: Amputee Coalition of

America, 1998. *inMotion*, January / February 1998. Since our bodies are indeed our temples, making major changes for a healthier lifestyle is well worth the time, planning and commitment. People with diabetes can attain their health potential with regular exercise, healthy eating, stress management and drug therapy. Keep in mind,

permanent changes do not happen overnight; planning, hard work and regular maintenance are the key components to success.

http://www.amputee-coalition.org/inmotion/jan_feb_98/diabetes.html

“Self-Management Made Simple” * / Cecilia Kayano. Knoxville, TN: Amputee Coalition of America, 2005. *inMotion*, September / October 2005. Practicing self-management is “having an educated voice in your head to remind you of fact and figures to help you choose what to eat and what not to eat.” This article discusses the steps to confident self-management for a healthy diabetic diet.

“Tribe's War on Diabetes Starts to Pay Off ” / Jeremy Olson. Knoxville, TN: Amputee Coalition of America, 2001. *inMotion*, March / April 2001. Having seen increases in health problems, including diabetes, since shifting from low-fat, low-cholesterol buffalo meat to lesser quality meats, the Winnebago American Indian Tribe of Nebraska has taken steps to improve their situation.

http://www.amputee-coalition.org/inmotion/mar_apr_01/tribes.html

http://www.amputee-coalition.org/inmotion/mar_apr_01/tribes.pdf

*Articles marked with an * are available only in print at this time. Please contact the National Limb Loss Information Center to receive a free copy.*

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Articles on Research including PubMed® Abstracts

“Method for Estimating Body Weight in Persons With Lower-Limb Amputation and Its Implication for Their Nutritional Assessment” / A. Mozumdar and SK Roy. Bethesda, MD: American Society of Clinical Nutrition, 2004. Citation to article: *The American Journal of Clinical Nutrition*. 2004 Oct; 80(4):868-75.

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?>

[cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15447892](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15447892)

“Thirty-Year Trends In Cardiovascular Risk Factor Levels Among US Adults With Diabetes: National Health and Nutrition Examination Surveys, 1971-2000” / G. Imperatore et al. Cary, NC: Oxford University Press, 2004. Citation to article: *American Journal of Epidemiology*. 2004 Sep 15; 160(6):531-9.

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?>

[cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15353413](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15353413)

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Web Sites and Electronic Resources

Healthy People 2010 Publications and Other Documents. [CD-ROM]. Washington, D.C.: U.S. Dept. of Health and Human Services, Office of Disease Prevention and Health Promotion, 2002. This disc contains several Healthy People 2010 publications, as well as other government publications related to health and nutrition.

MEDLINEplus Health Information. Bethesda, MD: U.S. National Library of Medicine and the National Institutes of Health, [199-]-. This Web site has a collection of resources put together by the U.S. National Library of Medicine and the National Institutes of Health on topics about and related to diet and nutrition.

- **Child Nutrition** <http://www.nlm.nih.gov/medlineplus/childnutrition.html>
- **Diabetic Diet** <http://www.nlm.nih.gov/medlineplus/diabeticdiet.html>
- **Nutrition** <http://www.nlm.nih.gov/medlineplus/nutrition.html>
- **Nutrition for Seniors** <http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

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