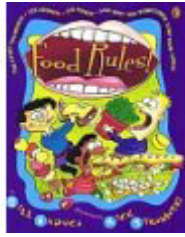


# Great Books about Nutrition and Fitness

## Nutrition



**Food Rules: The Stuff You Munch, Its Crunch , Its Punch, and Why You Sometimes Lose Your Lunch**

*by Bill Haduch*

j613.2

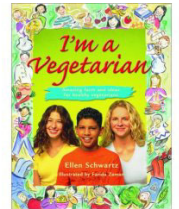
H

**I'm A Vegetarian:  
Amazing Facts and Ideas for Healthy Vegetarians**

*by Ellen Schwartz*

j613.262

S



**Too Fat? Too Thin? The healthy Eating Handbook**

*by Melissa Sayer*

j613

S

## Cookbooks (find more in 641.5)



**Grow it, Cook it**

j635

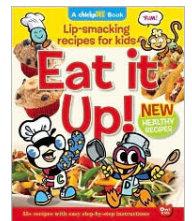
G

**Eat it Up! : Lip-Smacking Recipes for Kids**

*by Elisabeth de Mariaffi*

j641.5123

D

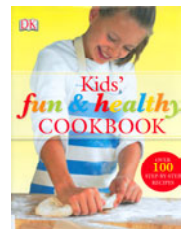


**Kids' Fun & Healthy Cookbook**

*by Nicola Graimes*

j641.5

G



## Yoga



**Breathe: Yoga for Teens**

*by Mary Kaye Chryssicas*

YP

394.12

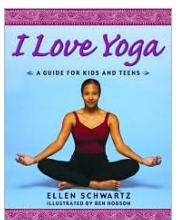
S

**I Love Yoga: A Guide for Kids and Teens**

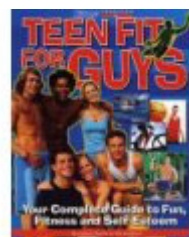
*by Ellen Schwartz*

j613.7046

S



## Fitness and Body (many books about sports under the call number j796)



**Teen Fit For Guys: Your Complete Guide to Fun, Fitness and Self-Esteem**

*by Gerard Thorne and Phil Embleton*

YP

613.04233

T

**Don't Sweat It!  
Every Body's Answers to Questions You Don't Want to Ask**

*by Marguerite Crump*

j613.0433

C



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