**DHYG 1135 tips for Nutrition-Fad Diet Dental Hygiene Research**

Begin researching from the **Dental Hygiene Resource Guide**:

Library Home page (<www.cod.edu/library>) 🡪Research🡪Dental Hygiene🡪 <http://codlrc.org/HS/dental/>

**Database Unique Materials**:

Access via Library Homepage🡪Databases🡪Health & Medicine🡪Micromedex Healthcare Series

OR

 Homepage🡪Research🡪Dental Hygiene Guide🡪Journal Articles 🡪Health & Medicine🡪Micromedex

**Micromedex Healthcare Series** (utilize the main navigation tabs)

**Main page search box**: look up specific drug names (generic or brand name) for complete drug monographs

**Other Tools**🡪 **calculators**🡪 includes measurement calculators (body mass, BSA, metric conversions and more)

**Drug Interactions** 🡪enter drug(s) to see drug-drug, food, tobacco, alcohol, pregnancy & lactation warnings

**CareNotes** *(customizable patient information)* 🡪care and condition titles🡪look at **Dental Health** and **Dietetics** folders/contents , note options for language, time of distribution (out-patient, in hospital, discharge)

**WHERE TO FIND “FAD” DIET INFORMATION**:

**Library catalog**: search for diet or the person that “founded” the diet ie. Zone diet; paleo diet; dukan, pierre

* **REFERENCE RA784 .N838 2004** ***Nutrition and Well-being A-Z*** (contains diet information/implications for specific ethnic populations—for example African Americans or Native Africans, Polynesians or Polynesian Americans—PRINT ONLY)

**Article Databases**:

* **Health Source Consumer** has a lot of articles, try other databases too, search diet name and/or author/creator of diet

• **Gale Virtual Reference Library (GVRL)** 🡪includes ***the Gale Encyclopedia of Diets*** (search the specific diet) and the ***Gale Encyclopedia of Alternative Medicine*** that includes some fad diet/diet & creator/author info

**Internet**:

* Google name of diet, make sure it is a “credible” site (review evaluation link from DEHYG research guide & keep in mind definition of **fad** **diet**). Sometimes a broader search for fad diet(s) is required

**Dental Hygiene Resource Guide🡪 Web Sites🡪 Nutrition Sites**:

* **USDA-SuperTracker** site : “Sponsored by the United States Department of Agriculture's Center for Nutrition Policy and Promotion, SuperTracker is an online dietary and physical activity *assessment tool* that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature *automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake*. SuperTracker follows the Dietary Guidelines for Americans 2010.”
	+ This site allows users to ***record food intake*, *physical exercise***, and then ***run charts***
	+ **free registration** is required. Can track information for long periods of time (for FREE!) •
* **USDA Food Composition Database**: "Find nutrient information on nearly 8,000 foods using this search page. You can now search by food item, group, or list to find the nutrient information for your food items."