

**Health 207 – Human Nutrition**  
**New Nutrition Research Assignment**

**Find a topic/focus:**

**Quality Web sources (for topics – not articles) :**

[http://www.nal.usda.gov/fnic/topics\\_a-z.shtml](http://www.nal.usda.gov/fnic/topics_a-z.shtml)

<http://www.who.int/nutrition/topics/en/>

[http://www.nutrition.gov/nal\\_display/index.php?info\\_center=11&tax\\_level=1](http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1)

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

<http://nirc.cas.psu.edu/news.cfm>

**Reference Books – Index searching/browsing**

Diet and Nutrition Sourcebook:

LLCC Reference call number: REF RA784.D534 2006

The Encyclopedia of Nutrition and Good Health:

LLCC Reference call number: REF RA784.R646 2005

**CINAHL – Suggest Subject Terms Function**

**What are you looking for: Identifying an appropriate RESEARCH article**

**Components of Research Articles/Headings:**

- abstract
- introduction
- methods
- results
- discussion/conclusion
- references

**Consider the Level of Detail:**

- Articles that present general information/overviews may **not be research-based**  
**Instead Try:**
  - Limit results to Scholarly/Peer-Reviewed articles
  - Look for the components of research articles (noted above)
- Article presents Results/Research/Study
  - is the title meaningful/understandable
  - explore the conclusion – sometimes you may not be able to understand all the details of the study; however, you should be able to follow and grasp the main findings outlined in the Discussion/Conclusions section
- Review Articles
  - Articles that summarize & review several specific studies/research projects
  - Bibliography/reference list cites other research studies
  - Authorship – credentialed authors of review articles lend credibility; journalist or editorial authorship is NOT recommended

**Commenting/Analyzing /Evaluating the Article or Research – What to look for**

- Evaluating Information sources: Detailed Criteria for Evaluating Information Sources  
LLCC Reference Guides at:  
<http://www.llcc.edu/LinkClick.aspx?fileticket=F48jo75UgQA%3d&tabid=4628&mid=8539>
- IFIC Review: How to Understand and Interpret Food and Health-Related Scientific Studies  
<http://www.ific.org/publications/reviews/scientificir.cfm>

## WHERE TO LOOK:

### Search Databases:

- Scholarly articles in print → stored electronically
  - Information from these sources is qualitatively different than things you'll find on the internet using a free search-engine....with these databases, you're not at Google anymore!
- Login (from home) → using LLCC userID & password

### EbscoHost :

Academic Search Premier  
Cinahl Plus w/Full-text  
Science Reference Center  
Health Source: Nursing/Academic Edition

PsycArticles  
Environment Complete

- Choose #1.) LLCC Scholarly Periodical Indexes & Full-Text
- Choose databases: Academic Search Premier AND Cinahl Plus w/Full-Text etc.
- Limit your Results: click check boxes for Full-Text & Scholarly (peer-reviewed) Journals
- Limit/Update Results: by date (use slide bar on results page)
- Use Advanced Search; put NUTRITION in one box & your specific topic in the 2<sup>nd</sup> box
- Use Article title Links for subject terms
- Use Subject Terms as KEYWORDS for additional searching

### Browse Journals in Full-Text

- Browsing Nutrition related Journals in full-text at LLCC
- Use LLCC's A-to-Z List : enter Nutrition
- **EXAMPLES:**
  - **No embargo** (current issues immediately available)  
Food & Nutrition Research  
Clinical Nutrition
  - **Embargo** (current year unavailable)  
International Journal of Food Sciences & Nutrition  
The American journal of clinical nutrition  
Annals of Nutrition & Metabolism  
Critical Reviews in Food Science & Nutrition