



Research Guide for BI 263 - Nutrition
Dr. Mattern

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REF DESK: - 7206

Outcomes:

Research one of the companies profiled in Fast Food Nation using company reports, newspapers, and journal articles. Has this company modified their nutritional offerings? What is different?

Research a legitimate or fad diet, exploring the pros and cons offered by this regiment and impact on health.

Reference Materials (2nd Floor): Nutrition can be approached many different ways. To narrow your topic you might:

Browse recent newspaper and newsmagazine articles in Lexis-Nexis, Newspaper Source or Academic Search Premier.

Browse reference books such as:

- Nutrition A Reference Handbook* REF TX353 1997
- Encyclopedia of Food and Culture* REF GT2850 .E53 2003
- Encyclopedia of Food and Nutrition* REF TX349 .2002
- Cambridge World History of Food* REF TX349
- Eating Disorders Sourcebook* REF RC552 .E18 2001
- Vegetarianism Sourcebook* REF RM236 .V436 2002
- Mayo Clinic Family Health Book* REF RC81 .M473 2003
- CRC Desk Reference for Nutrition* REF QP141 .B523 2006
- CQ Researcher* (Online under Social Sciences) or REF H35 .E353

Planning a Research Strategy:

Identify search terms. Set up a grid or concept map for search terms to record the words you want to use. Be sure to include broader and narrower terms.

Use the citations, descriptors and subject headings from useful resources (articles, web sites, and book entries) to lead you to more information.

Grid Example:

Concept 1 and related terms	&	Concept 2 and related terms	&	Concept 3 and related terms	Databases To Try
Atkins		protein		Weight loss	
South Beach		Low carb		Muscle	

Databases: Be creative in choosing the databases you explore to find research material. Think about all the different ways your topic might be approached. With Ebsco databases, use “choose databases” to search a number of databases simultaneously. You might try these databases:

ABI-Inform (Business)
Academic Search Premier
Agricola
Basic Biosis
BioDigest
Business Source Elite
CINAHL

General Science Abstracts
Health Source Plus
Lexis-Nexis
PsychInfo
PubMed
Social Science Abstracts

Using RefWorks to create your annotated bibliography: On the library page is a link to RefWorks, a bibliographic citation manager. This program allows you to import citations from databases, store in folders and incorporate them into your research work. The pink handout details the process.

How to find journals in Tredway Library: All journals, electronic and print, are listed under the link **Augustana's Periodicals** on the Library Page. Enter the journal title in the first box and run query. Pay close attention to the date you need and the dates we own. If it isn't available, order the article through interlibrary loan on the Library page.

Evaluating Materials: Use CARE

Currency: Is this information current and relevant now?

Authority: Who is the author, their credentials and organization sponsoring

Reliability: Is the information correct? Can you verify it independently?

Expert Opinion: This would be the literature search that went into preparation of study. Have reputable researchers been cited in the work and bibliography? Do other experts agree with these conclusions?

Final Thoughts: Research is a non-linear, recursive process. Experiment with your search terms and follow interesting descriptors where they lead. Keep careful notes as you work. It's easier to do it then instead of trying to recreate something later.

Still having trouble? Ask a librarian at the reference desk or call -7206. Have fun.