

Annotated Bibliography

Student's Name

Institution

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Bendich, A. (2010). *Preventive nutrition: the comprehensive guide for health professionals* (4th ed.). New York: Humana Press.

This book shows the evaluations of the dietary interventions and practices that reduce the risk for diseases and improve people's health outcomes. The content includes physical, mental health and cognitive functions. This book also contains information about the relationship between obesity and type 2 diabetes. The authors have presented the most up-to-date and comprehensive review of the nutritional techniques for disease prevention.

This book provides relevant information for writing this research paper because it shows the meaning of being health. The content includes both physical health and the mental health. The book shows the diet-related diseases such as type 2 diabetes obesity and, and their prevention and treatment. When an individual observes suitable, healthy strategies, they are more likely to become healthier.

Boyle, M. A., & Roth, S. L. (2010). *Personal nutrition* (7th ed.). Australia: Wadsworth/Cengage Learning.

This book emphasizes on the strategies that promote well-being of people. Eating out in the restaurant does not encourage well-being of a person. The book shows that eating out has a relationship with obesity and other chronic diseases. Some chapters of the book cover the micro and macro-elements, which are necessary in preventing diet related health problems.

This book is a relevant resource in writing the research paper. The book shows the merits and demerits of eating out which takes place in restaurants. According to the

book, it is not advisable for people to develop a habit of eating foods from restaurants. Therefore, this book provides important information on nutrition, which enables people to embrace appropriate strategies.

Fernstrom, M. H. (2010). *The real you diet: your personal program for lasting weight loss*. Hoboken, N.J.: John Wiley & Sons.

The author emphasizes on the strategies losing weight; among the strategies is the consumption of home cooked meals. Therefore, the book provides the pros and cons of home cooked meals as compared to those foods that people buy at the restaurants. The book shows the right combination of strategies for reducing weight.

The book gives the necessary information for writing the research paper because it focuses on losing weight as well as the pros and cons of eating home cooked foods.

Home cooked foods are far better than the fast foods at the restaurants. Fast foods can lead to obesity because they increase the amount of fats in the body.

Hoeger, W. W., & Hoeger, S. A. (2011). *Lifetime physical fitness and wellness: a personalized program*(11th ed.). Australia: Wadsworth, Cengage Learning.

This book is the source of the current information, guidelines, and tools to implement and cling to a lifetime physical wellness and fitness program. The authors encourage students identify and leave behind negative habits and embrace and maintain healthy behaviors. Some of the healthy behaviors include eating home cooked meals.

Therefore, this book provides useful information for the research paper as it is important to identify the strategies for ensuring physical wellness and fitness. The book considers home cooked foods as healthier than the fast foods that people buy

from restaurants. Therefore, the book provides relevant information for writing the research paper.

Warde, A., & Martens, L. (2000). *Eating out: social differentiation, consumption, and pleasure*. Cambridge [England: Cambridge University Press.

This book shows that people have developed the habit of eating out in a dramatic manner over recent years. The author has gathered wealth information regarding people's expectations of, and attitudes towards eating out as an expression of status and taste. The book also examines how social inequality influences eating out, and interaction between staff and customers.

This book contains significant content that is relevant for the research because it is necessary to know people's expectations of, and attitudes towards eating out. A researcher can be able to understand the influence of social inequality on eating out. Therefore, this book is relevant for the research.