



Scrawled shortcuts through the research maze...

## **Food, Glorious Food**

Sometimes the whole holiday season seems one vast buffet. Take the edge off by grazing on these information resources.

### **Oxford Encyclopedia of Food and Drink in America**

Shop for facts about *Thanksgiving*, then dip into *silverware*, food *slang*, *Microbreweries*, and religious food. Visit *vegetarians* and break into *song*.

**REF 641.3003 O98o**

### **Encyclopedia of Food and Culture**

Impress Cousin Clyde with *United States* foodways, *poultry*, *potatoes*, *squash*, 'icon foods,' comfort foods, food psychology and even *American Indian* foods.

**REF 394.1203 E56e**

### **Encyclopedia of Junk Food and Fast Food**

Drive into the history and iconology of McDonald's and Twinkies, with sides of dieting, Chanukah candy, globalization, charities, drive-ins and popcorn.

**REF 641.5 S642e**

### **Slow Food International**

Combine Taco Bell and family grousing about old times and get indigestion? Soothe your stomach and your mind at the websites of this organization advocating more traditional foods.

<http://www.slowfood.com/> and <http://www.slowfoodusa.org/>

### **Nutrition and Well-being A to Z**

Aunt Alice has a new nutrition fad to discuss every holiday. Load up your information plate here to defend yourself from her droning.

**REF 613.203 N976n**

### **Encyclopedia of Obesity and Eating Disorders**

Food is no laughing matter for some people. Research fat, dieting and diet disorders, or nibble tidbits about *Banting*, *Olestra*, and *geophagia*.

**REF 616.8526003 C344e**

### **Encyclopedia of Foods: A Guide to Healthy Nutrition**

Planning a post-holiday diet cleanup? Look here for suggestions about healthy nutrition, as well as descriptions and nutrient charts for ingredients.

**REF 613.2 E56e**

\* *Warning: Browsing reference resources can make you hungry!*

**Drew University Library:** <http://www.drew.edu/depts/library.aspx>