

GNYDA MEMBERS SHARE THEIR EXPERTISE IN RECENTLY-PUBLISHED BOOKS

Eat, Drink, and Be Gorgeous A Nutritionist's Guide to Living Well While Living It Up By Esther Blum, MS, RD, CDN, CNS

From Esther Blum, nutritionist and self-professed party girl, comes the breakthrough news that, yes, you can eat and drink what you love and still look and feel gorgeous. In her new book, *EAT, DRINK, AND BE GORGEOUS*, Esther reveals the secrets to beautiful skin, a fantastic figure, and peace of mind—all while living the good life. The twenties and thirties are the best years to build the foundation for a healthy self, and Esther's sassy expertise will enlighten women everywhere on how to stay gorgeous from the inside out.

The advice in this book puts the fun back in nutrition - be a tigress in bed, eat and drink like a food fashionista, choose the right vitamins, feel up when you are down, and realize that life is too short to be on a diet the whole time! According to Esther, it's as easy as knowing how to make the right choices: Which cocktails cause the least damage—is a Cosmo better than a Coors? What natural supplements combat out-of-control hormones? Esther offers the nutritionist's expertise tempered with the glamour girl's need to hit the town and experience all that life has to offer.

With a trouble-shooting section on treating specific ailments, fast fixes, and delicious recipes for food and drink, *Eat, Drink, and Be Gorgeous* makes it possible to have that piece of cake and eat it too.

***The Eat, Drink and Be Gorgeous* GREEN TEA-TINI**

Alcohol is the perfect party starter—but you can go from glam to slammed with just one too many. Here's an antioxidant-rich cocktail to protect your cells at your next cocktail party. Cheers!

1 ounce green tea, chilled ¼ ounce Grand Marnier
1 teaspoon fresh limejuice 2 ounces lemon vodka

Pour the green tea, vodka and Grand Marnier into a shaker halfway filled with ice. Shake vigorously. Set aside. Pour the limejuice into a martini glass. Swish the limejuice around the glass and shake the surplus out into the sink. Pour the shaker ingredients into the martini glass and garnish with lime slices.

Nutrition in Public Health: Principles, Policies and Practice

By Arlene Spark, EdD, RD, FADA, FACN

Arlene Spark's *Nutrition in Public Health: Principles, Policies, and Practice* has already been adopted for community nutrition at Lehman College and public health nutrition at Hunter (where Dr. Spark teaches) and Purdue University. *Nutrition in Public Health* is available through CRC Press and all online outlets.

In the Preface, Dr. Spark writes:

Immediately after deciding to embark on writing this book I did exactly what any other public health nutritionist in the Internet age would do—a Google search to determine the availability of other books, and also journals, dedicated to nutrition in public health. I identified six books with “community nutrition” in the title, but only two books and a single journal devoted exclusively to public health nutrition. I found myself asking why I should not be reticent to add yet another book to what already seemed like a crowded field. Is nutrition and public health sufficiently mature for three new books in that many years? I believe the answer to that question is an unequivocal “Yes!” Three books and a journal dedicated to a topic that unarguably holds the key to the primary and secondary prevention of some of the major causes of premature death in the United States must still be considered woefully inadequate.

The purpose of *Nutrition in Public Health: Principles, Policies, and Practice* is to provide public health professionals with an overview of the field, with a focus on the federal government's role in determining nutrition policy and practice.

MARK YOUR CALENDARS!

Check out the GNYDA's Winter/Spring Calendar of Events!
For more information, or to register online, visit www.gnyda.org

FEBRUARY 2, 2008: 6th Annual Women's Health Conference

Presented by the GNYDA PR Committee

Time: 9:00am - 1:00pm

Location: Manhattan VA Medical Center, 423 East 23rd Street, Atrium A&B

FEBRUARY 25, 2008: Film Screening: King Corn

Presented by The GNYDA Hunger and Environmental Nutrition Special Interest Group

Time: 6:30pm

Location: Sixth Street Community Center, 638 East 6th Street (between Avenues B & C)

FEBRUARY 26, 2008: From Potstickers to Tamales: A Quest for Dumplings from Around the World A Lecture and Tasting with Wai Chu

Presented by The GNYDA Cultural Nutrition and Food Special Interest Group

Time: 6:00 - 8:00pm

Location: Teachers College, Columbia University, 50 Horace Mann, 525 West 120th Street, The Earth Friends Room

MAY 15, 2008: The Annual Mary Swartz Rose Memorial Lecture

Details to follow on www.gnyda.org and in Spring newsletter

