


Nutrition Resources at Your Fingertips

Barbara Lazewski, blazewski@library.wisc.edu

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Nutrition Subject Guide (add to browser Favorites/Bookmarks)

<http://steenbock.library.wisc.edu/extension/nutrition.htm>

- PubMed (demo 5 min., hands-on 10 min)
 - Register for a **MyNCBI** account
 - Click  icon next to **All/Review tabs** and select **English & Humans**. An English & Humans tab will appear whenever you're signed into MyNCBI. You can click on tab to get subset of results.
 - Perform search you want to save e.g. **trans fatty acid***
 - Click **Details** to see what is actually searched; can highlight & delete unwanted parts of search
 - Add **limits (Aged)** (limits apply to future searches until you uncheck the limits box)
 - Click **Save Search**
 - Choose email alerts or just save the search to rerun later. (if email chosen, you must answer the email they send to verify your address before the alerts automatically start)

- BadgerLink databases (Academic Search, Health & Medical, WI Newsstand of searchable full text WI newspapers) Get to from BadgerLink link in Academic Search database summary or type <http://www.badgerlink.net> in browser address box. (demo 5 min, hands-on 5 min)
 - Licensed by WI DPI for access via your public or academic library
 - Click **Library Card Access** to see where you'd sign on at home

 - Go **Back** to BadgerLink home <http://www.badgerlink.net>
 - Note link to Resources by Type: Health & Medical
 - Click [EBSCOhost \(All Databases\)](#)
 - Click **boxes** of desired databases
 - Click **Advanced Search** tab (not harder, has more search boxes)
 - Put synonyms with OR and use wildcards for various word endings e.g. **older OR senior* OR elderly or aged**
(older gets older adults as well as older people; senior* gets seniors, seniority)
 - In second box, type term(s) to narrow e.g. **sodium**
 - Can **Refine Search** (tab) and limit to **Scholarly (peer reviewed) Journals** or **Full Text**
 - (optional) Click **Help**, then scroll down to **Saving Searches and Alerts** for how to instructions.

- Nutrition Analysis Tools (demo 5 min, hands-on 5 min)
 - [Food Composition Topic Page \(NAL Food and Nutrition Center\)](#)
 - USDA Nutrient Data Laboratory
 - Click [Reports by Single Nutrients](#)
 - Choose nutrient and sort by nutrient content or alphabetically by food
 - Click [Online searchable database of foods.](#)
 - Search for a food item e.g. **blueberries**
- Explore other Nutrition Subject Guide sites (hands-on 5 min)
 - Medline Plus also espanol Medline Plus (optional)
 - Reputable info from National Library of Medicine in English and Spanish
 - Search for **senior nutrition**
 - Click **Nutrition for Seniors**
 - Do you have a favorite nutrition site not on our guide? Please email blazewski@library.wisc.edu site URL to consider adding.

Google <http://www.google.com> (demo 5 min, hands on 5 min)

- Basic Search (ANDs terms)
 - Put most important words first; Google automatically gets plurals; OR synonyms
 - Add **site:gov OR site:edu** to your search terms to limit results to sites that have .gov or .edu in their URLs.
 - E.g. **senior OR older OR elderly nutrition site:edu OR site:gov**
- Advanced Search (can use multiple boxes; results show strategy to remind you how to do Basic phrase or synonym or domain (e.g. gov) searches)
 - Any of these words (instead of OR)
 - Phrase searching (puts quotes around phrase, doesn't get plurals)
 - Domain searching to limit by one domain (gov) or site (uwex.edu)
 - Try a **search using more than one box**; note strategy in bar by results e.g.
 - exact phrase: **dietary reference intakes**
 - any of these: **older aged elderly senior**
 - Domain: **gov**
- Under **More, Scholar** and **Book Search** useful

Sharing (If time permits)

- **What site do you frequently use in your work and why?**