

**Healthy Habits**  
*Wellness Center Newsletter*

**EBOOKS**

**The 50 healthiest habits and lifestyle changes**

- Description: This book highlights 50 habits for promoting physical as well as mental/emotional and social health. Each entry describes a healthy habit, explains the benefits of that habit, and examines the supporting research and statistics.
- Access Link: <https://tinyurl.com/yb57x68j>
- Link to Book Cover: <https://www.amazon.com/50-Healthiest-Habits-Lifestyle-Changes/dp/1440834717>

**Culinary nutrition: the science and practice of healthy cooking**

- Description: Written to connect food science, nutrition and culinology and uses real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products.
- Access Link: <https://tinyurl.com/y8u6rcar>
- Link to Book Cover: <https://www.amazon.com/Culinary-Nutrition-Science-Practice-Healthy/dp/0123918820>

**STREAMING VIDEOS**

**Nutrition starts here : smart eating on a budget**

- Description: Six TED talks on sticking to health in a kind and effective way.
- Access Link: [https://www.ted.com/playlists/218/get\\_in\\_shape\\_for\\_real\\_this\\_t](https://www.ted.com/playlists/218/get_in_shape_for_real_this_t)

**Breaking your Digital Addiction**

Description: Very short (2 minutes!) video shows how to bust digital addiction through reducing screen time.

- Access Link: <https://tinyurl.com/ybgoe788>

**ARTICLES (JOURNAL, MAGAZINE, OR NEWS)**

**‘Oh God, I Have to Eat Something, But Where Can I Get Something Quickly?’—A Qualitative Interview Study on Barriers to Healthy Eating among University Students in Germany**

- Source: Nutrients
- Description: Healthy eating can prevent individuals across all age groups from developing overweight/obesity and non-communicable diseases such as type 2 diabetes and cardiovascular disease. However, unhealthy eating habits (e.g., a high level of fast food consumption) have been found to be widespread among university students.
- Access Link: <https://tinyurl.com/y8959x7z>