



## BOOKLIST

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### PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

#### Compulsory Textbooks

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**NOTE: If a subject from your course program is not listed in this document, then there is no compulsory textbook for the subject**

#### **FOOD AS MEDICINE**

*Foods that harm foods that heal: An A-Z guide of what to eat and what to avoid for optimum health*, c2013 or later, revised edition. Reader's Digest Australia Pty Ltd, Sydney.

#### **INTRODUCTION TO NUTRITION**

Whitney, E. et al. (2019). *Understanding nutrition* (4th Australian and NZ ed.). Cengage Learning, Australia.

#### Some suggested sources:

- **Booktopia:** <https://www.booktopia.com.au/>
- **The Nile:** <https://www.thenile.com.au/>
- **Amazon AU:** <https://www.amazon.com.au/>
- **Bookdepository:** <https://www.bookdepository.com/>
  
- In addition to the above *Understanding Nutrition* is also available via the publisher website: **Cengage:** <https://au.cengage.com/>
  
- And *Foods that Harm, Foods that Heal* via the [Readers Digest Shop](#)