http://libguides.sau.edu/kin340nutrition

KIN 340 Nutrition Concepts:

Finding articles from popular magazines:

Suggested database: **Health Source – Consumer Edition** (go to EBSCO and select this database)

From EBSCO: “*Health Source: Consumer Edition* is a rich collection of consumer health information. This resource provides access to . . . consumer health magazines, including *American Fitness*, *Better Nutrition*, *Fit Pregnancy*, *Harvard Health Letter*, *Men’s Health*, *Muscle & Fitness*, *Prevention*, *Vegetarian Times*, and many others. This database also includes . . . full text for more than 1,000 health-related pamphlets . . .”

However, you will need to be careful as this database also indexes articles from some peer-reviewed journals.

How to determine whether a magazine is academic or popular:

1. First click on name of magazine

Source refers to name of magazine. Click on hyperlink to learn about magazine

2. This screen will describe the magazine. Here you find who is the intended audience (academic or popular?) And, it will state whether or not the magazine is peer reviewed.

Describes the magazine’s audience

Not a peer reviewed journal

Notes: SAU Library does not subscribe to this title in print