

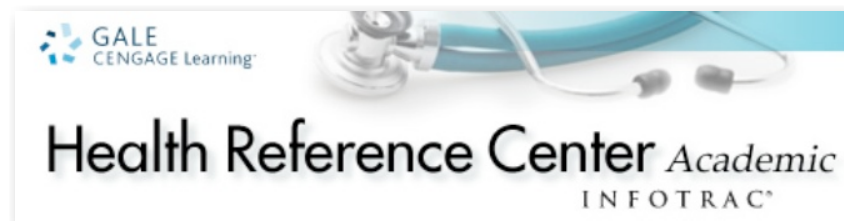
RECOMMENDED GCC LIBRARY DATABASES FOR NUTRITION STUDENTS



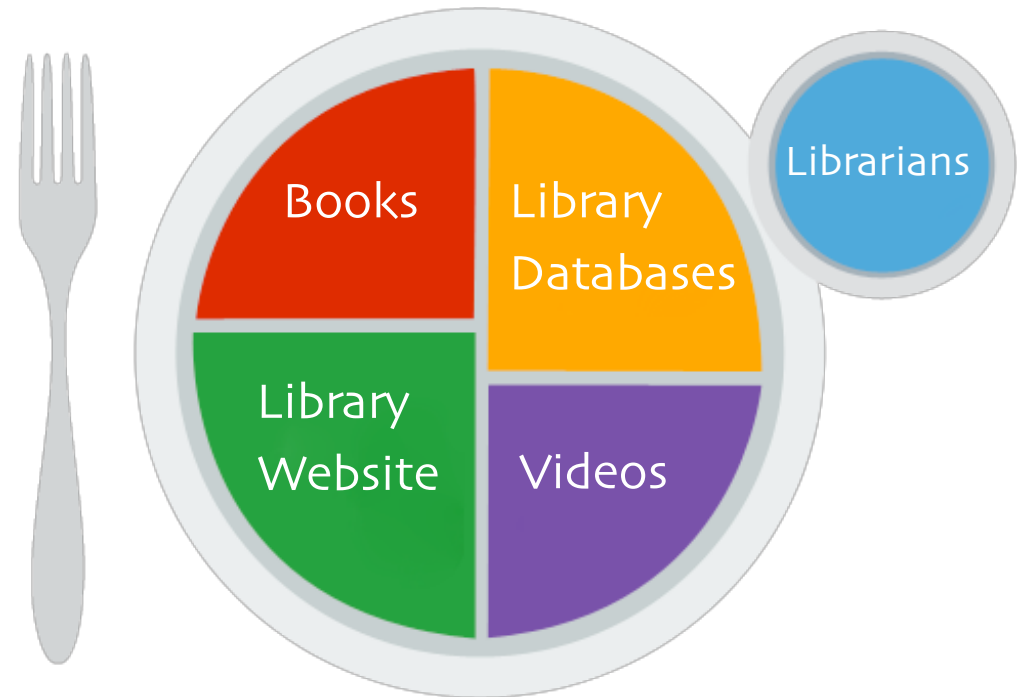
Health Source: Nursing/Academic Edition serves up over 330 full-text journals, 260+ of which are peer-reviewed or scholarly journals.



Health Source: Consumer Edition provides access to 80+ full-text consumer health magazines, including Better Nutrition, Harvard Health Letter, Nutrition Health Review, Prevention, and Vegetarian Times. Also included in this database are current health-related pamphlets and 130 medical reference books.



Health Reference Center Academic offers 2500+ full-text sources including health journals, other medical journals, newsletters, and consumer health magazines.

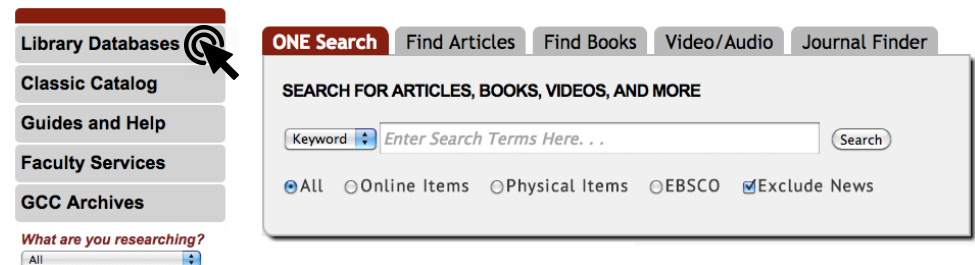


My Information Plate

HOW DO I FIND AND SEARCH THESE RESOURCES?

Start at the library's home page at lib.gccaz.edu/lmc.

Click on the **Library Databases** link located on the left side of the search box.



All three of the recommended databases are in the **Nursing, Medicine & Health** category. Click on **Show More...** to see the full list of databases.

Select a database. These three are recommended for nutrition research.

If you're not on campus, enter your MEID and password after you click on the database name.



Nursing, Medicine & Health

- Health Reference Center Academic CINAHL: A Cumulative Index of Nursing and Allied Health Literature
- Health Source: Nursing/Academic
- Health Source - Consumer ScienceDirect
- Salem Health (including Magill's Medical Guide)

[Show More...](#)

Most of GCC Library's databases provide ways to save, print, and/or email articles. Both APA and MLA citations also are available in most of the databases. Heads up: These citations are machine generated and errors do occur. Be sure to review them for accuracy.

TIME-SAVING SEARCH TIPS

When you start searching these databases, be sure to limit your results to articles that are full text and/or from scholarly, peer-reviewed journals. You can select either or both of these options in the **Limit Results** section under the search box.

If you're **researching a vitamin**, spell out the whole word. Using the "vit." abbreviation will not find the majority of the articles.

All three databases feature a variety of **limiters** on the left side of the search result page. Use them to narrow your results by document type, publication date, etc.

Look for **Subject** links when you find a relevant article. These are standardized Library of Congress subject headings that were selected to describe the topics covered in the article. Click on the most relevant one to find more articles about the topic. Subjects appear as links on the article page in the two **Health Source** databases. The **Health Reference Center** offers **Related Subjects** in the **Tools** box on the right side of the article page.

Don't recognize some of the words used in an article? The two **Health Source** databases provide a **Medical Dictionary** link (Merriam-Webster's Medical Desk Dictionary), which is located on the top left of the blue menu bar. **Health Reference Center** offers Merriam-Webster's Collegiate Dictionary. Click the More link on the top menu bar.

When you're viewing an article, all three databases offer a selection of **Tools** on the right side of the page. Use these to save, email, print, and/or cite the article.

NEED EXPERT ASSISTANCE?

Ask a Librarian 24/7 chat – maricopa.edu/ask

Reference Desks – 623-845-3112 (Main)

623-888-7112 (North)