Sample Searches in Nutrition

Scenario: A nutritionist working for a community health foundation is looking for new ideas on promoting healthy food choices.

Search: Nutrition AND Health Promotion AND Eating Behaviors

Results: Articles on promoting healthy eating in neighborhood settings such as schools and churches, plus a variety of studies on influencing children’s food preferences.

Scenario: A family physician is looking for information on treatments for obesity – she would prefer clinical best practices or treatment guidelines.

Search: Evidence Based Practice AND Obesity

Results: Articles on treatment and prevention of obesity, for children and adults, focusing on the behavioral and psychosocial aspects of the disorder.

Scenario: A medical student researching postpartum depression would like to review some literature about use of antidepressants while breast feeding.

Search: Breast Feeding AND Antidepressant Drugs

Results: Articles exploring whether various antidepressants are present in breast milk, including options for alternative treatments for some patients.
Selected Search Terms

The search terms provided here are just a few excerpts from the many relevant terms in PsycINFO’s thesaurus. If you aren’t sure how to use these terms (called Subject Terms, Subject Headings, or Index Terms depending on your interface), check with your librarian or consult the PsycINFO Quick Reference Guide you may also have received at the same time as this handout.

- **Nutrients & Vitamins**
  - Antioxidants
  - Calcium
  - Dietary Supplements
  - Folic Acid
  - Food Additives
  - Proteins
  - Sugars

- **Physiological Processes**
  - Appetite
  - Calories
  - Dehydration
  - Digestion
  - Glucose Metabolism
  - Hunger
  - Satiation

- **Eating Behavior**
  - Bottle Feeding
  - Dietary Restraint
  - Drinking Behavior
  - Food Intake
  - Mealtimes
  - Water Intake
  - Weight Control

- **Health Attitudes**
  - Body Image
  - Drug Usage Attitudes
  - Eating Attitudes
  - Food Preferences
  - Health Knowledge
  - Lifestyle Changes
  - Treatment Barriers

- **Physical Activity**
  - Aerobic Exercise
  - Daily Activities
  - Physical Fitness
  - Sports
  - Swimming
  - Weightlifting
  - Yoga

- **Clinical Applications**
  - Anorexia Nervosa
  - Diabetes Mellitus
  - Food Allergies
  - Hypertension
  - Metabolism Disorders
  - Osteoporosis
  - Underweight