RECOMMENDED GCC LIBRARY DATABASES FOR NUTRITION STUDENTS

**Health Source: Nursing/Academic Edition** serves up over 500 full-text journals, 436 of which are peer-reviewed or scholarly journals.

**Health Source: Consumer Edition** provides access to about 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 1700 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 [is.gd/gcclib](http://is.gd/gcclib), which is a shortcut to the library’s site at [lib.gccaz.edu/lmc](http://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, you will be prompted to enter your MEID and password.

Most of GCC Library’s databases provide ways to save, print, and/or email articles. Both APA and MLA citations are available in most of the databases. Tip: These citations are machine generated and errors 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. Select these options in the **Limit Results** section under the search box.

If you’re researching a vitamin, enter 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 Library of Congress subject headings that an indexer selected to describe the article’s contents. Click on them to find more articles on the topic. Subjects appear as links on the article page in the two **Health Source** databases. The **Health Reference Center** features subjects in a box on the upper left of the article page.

Don’t recognize some of the words used in an article? The two **Health Source** databases provide a **Medical Dictionary** (Merriam-Webster’s Medical Desk Dictionary), which is located in the blue menu bar at the top. **Health Reference Center** offers Merriam-Webster’s Collegiate Dictionary, which also is located in the **Tools** section in the blue menu bar at the top of the page.

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 —  is.gd/ask247  
(a shortcut to maricopa.edu/askalibrarian)  
Reference Desks — 623-845-3112 (Main)  
623-888-7112 (North)