Maureen and Mike
MANSFIELD
LIBRARY
The University of Montana

Library Resources for Nutrition
Samantha Hines, COT Librarian
Usually available 8:40-4:30 M-F
Phone: 243-7818 or 243-7820
Text a Librarian: 406-68-MONTE
Samantha.hines@umontana.edu

http://www.lib.umt.edu/COT

Sept. 27, 2011

I. How to Access Library Resources

1. Visit the website above, or click on "Library" under important links on the COT website.
2. You can also visit the main library website at www.lib.umt.edu

II. APA Citation

Library Citation guides can be found at http://libguides.lib.umt.edu/citation

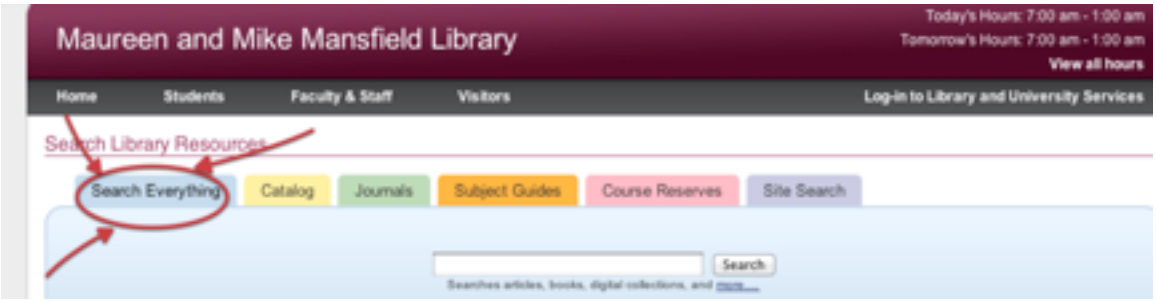
This site will give examples on how to format a bibliography and how to cite items within your writing. For in depth information about APA with more of a tutorial feel, visit http://owl.english.purdue.edu/owl/resource/664/1/

The UM Writing Center is also an excellent resource: http://www.umt.edu/writingcenter/

III. Searching Library Resources

To begin, try a search in the **Search Everything** resource. Despite the name, this doesn't search EVERYTHING, just 95% of what the library has. It's a good starting point, however.

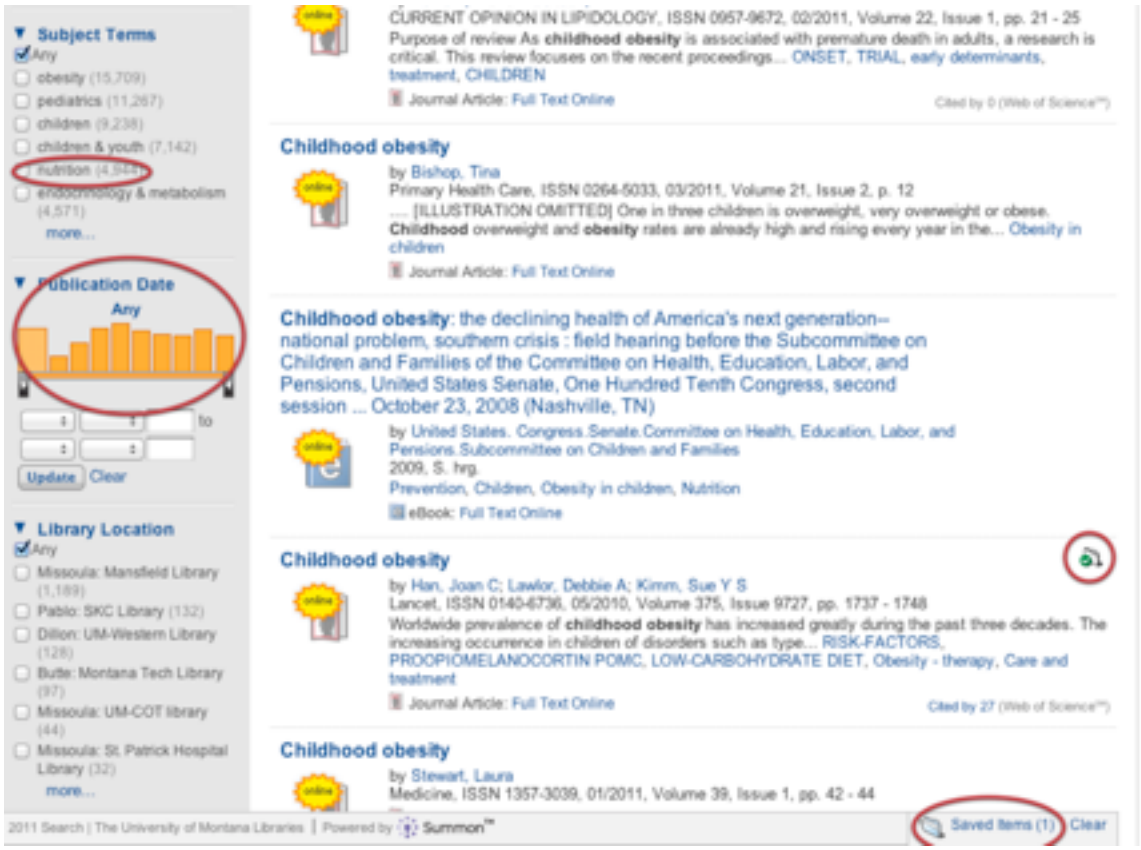
You can find the Search Everything search on the COT library page and on the main library page.



This search works like a lot of web searches—you can type in what your topic is in plain language and usually get a lot of results. Let's try a search for "Childhood Obesity."

On the results page, we see some ways to narrow down our search on the left. We can limit our search to just scholarly (peer reviewed articles) with the top checkbox that I circled (*I strongly recommend doing this*!). We can select some particular subject terms under that checklist (I'd recommend nutrition). To get to an entire article, look for the yellow stars next to the description or the words "Full Text" below the article. For those that don't have that, look for anything that says "link to article" and it should get you there, or give you the option of requesting a copy be emailed to you from another library.

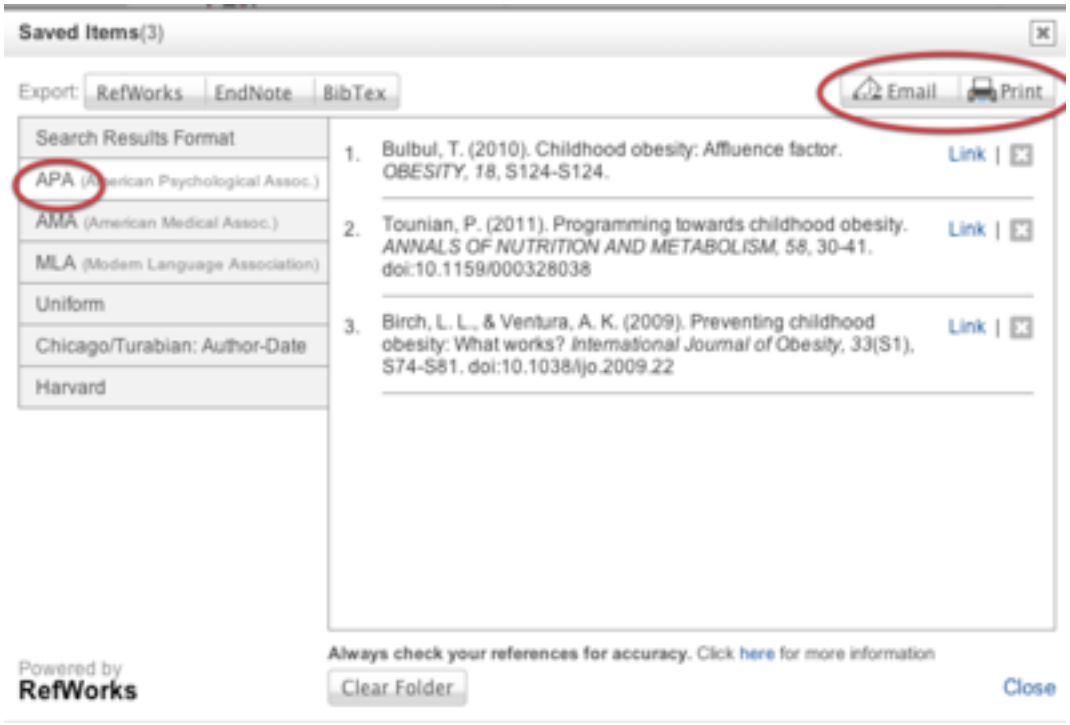
Let's look a little lower down the page.



You can see the checkbox for nutrition better here. Down below the subject terms is a place where you can narrow what you're finding down to a span of years (for example, from 2007 to the present).

To learn more about an article, you can hover the mouse above the article title. This will usually get you a paragraph description called an abstract that will tell you more. This can save you time if the article is long—read the abstract first to see if the whole thing is worth your time.

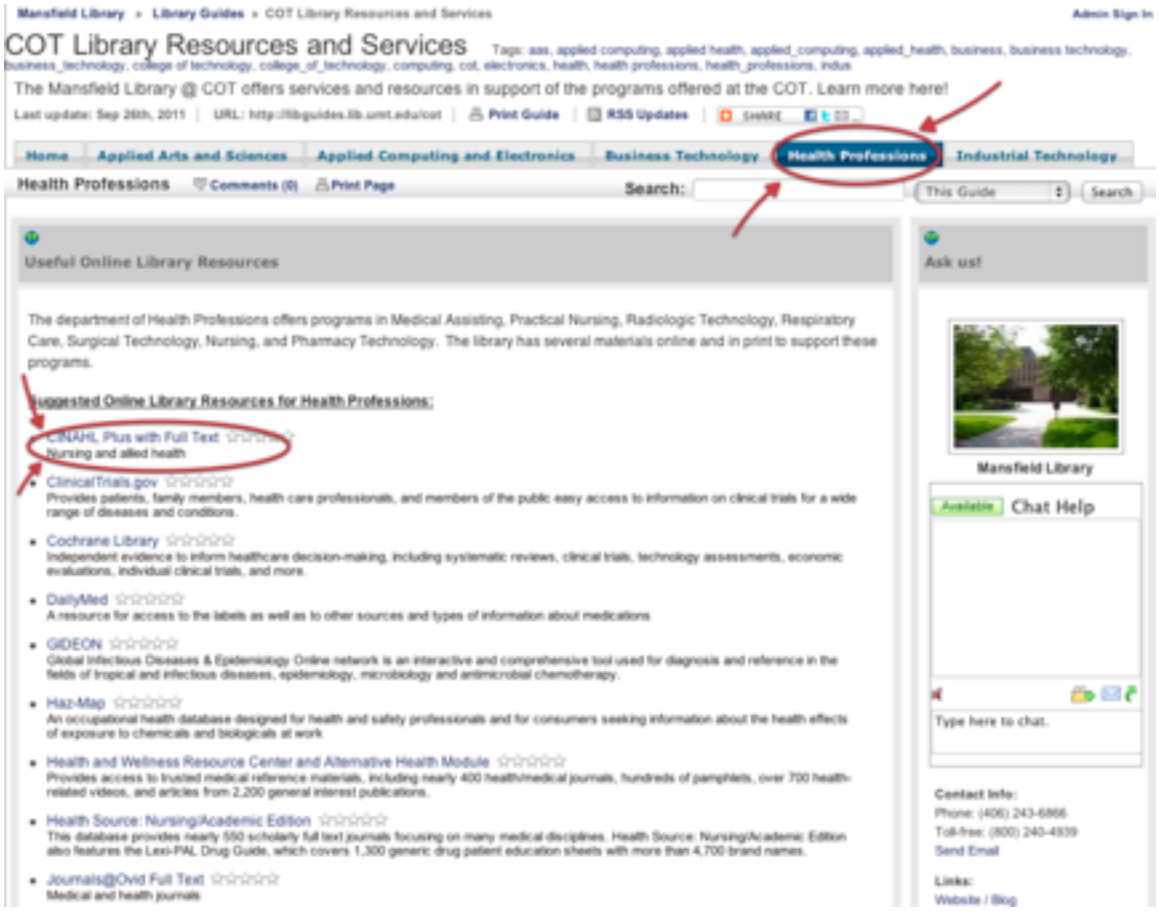
When you find a few articles you'd like to use, you can add them to the folder that appears when you hover the mouse over the title (there's one circled off to the right toward the bottom of the picture above). A message will appear toward the bottom of the screen saying you have "Saved Items" (see the other circle at the bottom right) and if you click on that folder you can print, email, or format the articles for inclusion in a bibliography.



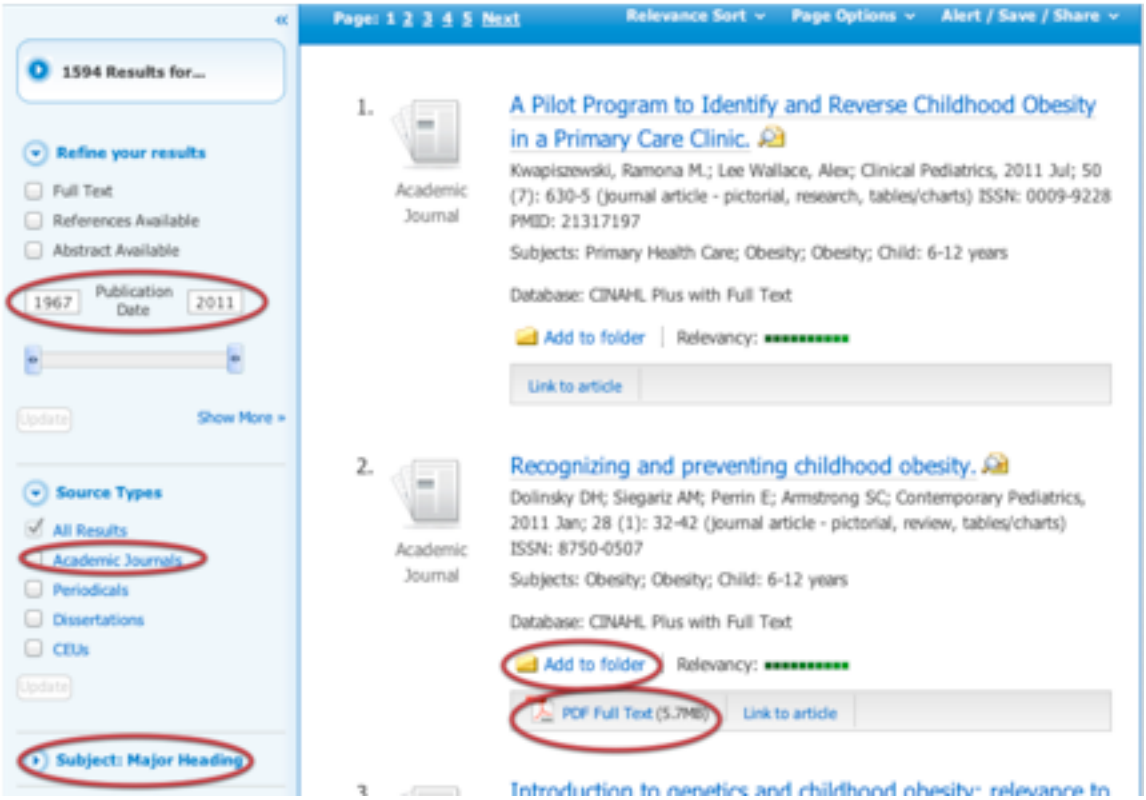
If you visit the "Guide to the COT Library" link and click on Health Professions you will find several databases that are more focused than the Search Everything Resource. These databases collect articles that are focused specifically on the health sciences and health professions and thus can help you find more relevant, useful articles.

Of these resources I highly recommend **CINAHL**, a library of articles and other resources primarily aimed at nursing but with lots of useful information for nutritionists.

I also want to point out that on the right side of this guide there are chat boxes that allow you to ask questions of librarians at any point. The chat service is staffed from 8 am – 9 pm most days of the week. We can help with citation, finding resources, evaluating what you find, etc.



In CINAHL, the search looks more like a traditional "Library" resource than Search Everything. It helps to think of keywords that describe your topic and break them down into topic areas. Other than that, the two resources work very similarly—you can restrict your search to just academic journal articles from particular years and find subject terms on the left side of your search results, and you can get to the entire articles by clicking on anything that says "Full text" or "link to article." You can also put articles into folders and print, save or cite a bunch at once.



IV. Getting Help

If we can assist, please don't hesitate to contact us! Samantha (COT Librarian) has listed her email address and phone at the start of this guide, along with the library's texting reference number. You can also call the COT Library at 243-7820, call the UM Libraries toll free reference help number at 1-800-240-4939, or chat with or email us by visiting http://www.lib.umt.edu/contact. Let us know how we can help!