

# Build Your Own Textbook

Instructions: Check off the chapters that you would like to include

<b>The Basics</b>	<input type="checkbox"/>	Introduction	<input type="checkbox"/>	Cooking, Nutrition & Bioavailability
	<input type="checkbox"/>	Servings, Portions & Labels	<input type="checkbox"/>	Nutrition Research: An Overview
	<input type="checkbox"/>	Satiation & Satiety	<input type="checkbox"/>	Mindful Eating
	<input type="checkbox"/>	Factors Influencing Food Intake	<input type="checkbox"/>	Motivational Interviewing
<b>The Food</b>	<input type="checkbox"/>	Fruit	<input type="checkbox"/>	Dairy + Plant Alternatives
	<input type="checkbox"/>	Vegetables	<input type="checkbox"/>	Beverages
	<input type="checkbox"/>	Whole Grains	<input type="checkbox"/>	Sugar
	<input type="checkbox"/>	Protein	<input type="checkbox"/>	Sodium
<b>The Diets</b>	<input type="checkbox"/>	Fats & Oils		
	<input type="checkbox"/>	DASH	<input type="checkbox"/>	Mediterranean
	<input type="checkbox"/>	Gluten Free	<input type="checkbox"/>	Vegetarian
	<input type="checkbox"/>	Keto	<input type="checkbox"/>	Western-Style (SAD)
<b>The Kitchens</b>	<input type="checkbox"/>	Setting Up a Teaching Kitchen	<input type="checkbox"/>	The Home Kitchen
	<input type="checkbox"/>	Community Teaching Kitchen	<input type="checkbox"/>	Hospital & Clinic Teaching Kitchen
	<input type="checkbox"/>	Elementary School Teaching Kitchen	<input type="checkbox"/>	Worksite Teaching Kitchen
	<input type="checkbox"/>	Higher Education Teaching Kitchen		
<b>The Cohorts</b>	<input type="checkbox"/>	Psych, Food & Mood	<input type="checkbox"/>	Pediatrics
	<input type="checkbox"/>	The Brain	<input type="checkbox"/>	Pregnancy
	<input type="checkbox"/>	Overweight/Obesity	<input type="checkbox"/>	Lactation
	<input type="checkbox"/>	Athletes	<input type="checkbox"/>	Seniors

## Comments

	Name	<input type="text"/>
	Institution	<input type="text"/>
	Phone	<input type="text"/>
	Email	<input type="text"/>