RELIABLE NUTRITION SOURCES

American Dietetic Association
www.eatright.org
This is a very extensive website. It provides food and nutrition information, careers, a listing of conferences and events, and professional development. It spotlights “the latest news” on weight management (audiocast), highlights the news from the March 2009 Journal of the American Dietetic Association, and the Landmark Program that will Provide Children with Visits to Registered Dietitians.

MyPyramid
www.mypyramid.gov
This website is sponsored by the USDA. This is an extensive website which encompasses menu planning, pregnancy and breastfeeding, steps to healthier weight for specific age groups and much more. It offers teaching aids including video podcasts.

USDA Dietary Guidelines
www.cnpp.usda.gov/Dietaryguidelines.htm
This website is offered through the USDA and Health and Human Services. It highlights MyPyramid, Healthy Eating Index, Nutrient Content, USDA Food plans (and costs).

Weight Management and Obesity Resource List
This is a 30 page document which provides definitions of overweight and obesity and methods of defining this condition. It primarily provides information sources in weight control.

USDA Nutrient Database
www.nal.usda.gov/fnic/foodcomp/search/
This website is basically a computer program do look up nutrient content in a food item. This is not particularly useful for the public. A nutrition background would be necessary to extract meaningful information.

US DHHS_A Healthier You
This is the Dietary Guidelines 2005 posted on the web with additional background and information.

DRI Tables
This site falls under the USDA National Agricultural Library, Food and Nutrition Information Center. The Dietary Reference Intakes and broken down by areas, i.e., Electrolytes and Water. Other subjects are covered ranging from Dietary Guidance to Food Labeling to Professional and Career Resources.

International Food Information Council
Ific.org/
This is another highly informational website offering information on food contents and healthy food intake. They provide a newsletter, a publication list, a section on Risk communications, and offer tools for effective communications.
Good nutrition is vital to good health, disease prevention, and essential for healthy growth and development of children and adolescents.

There are approximately 42 fact sheets listed within this website although much more information is provided on the site, i.e., careers, conferences, etc.

This is a newsletter to which one can subscribe. It appears to provide current issues on such topics as antioxidants, prescription medication interacting with different amounts of vitamins or other nutrients. This appears to be a very worthy newsletter.

TYPE2 DIABETES

This is a service of the National Institute of Diabetes and Digestive and Kidney Disease (NIDDK), NIH. This is a very informative website providing information on diabetes diagnosis, at risk, treatment and complications.

This website is from the National Diabetes Information Clearinghouse (NDIC) and is a service of the National Institute of Diabetes and Digestive Kidney Diseases (NIDDK) This website is similar to the previously mentioned site except that it focuses on how to eat to assist in caring for yourself by what is consumed.

This is a website taken from the Medical Encyclopedia on Diabetes. Topics covered are illustrations, definitions, causes, etc.

This is a website entitled Diabetes & Me. It covers topics on prevention, pre-diabetes and offers additional information sources.

American Diabetes Association: Nutrition and Recipes
http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp
This website offers sound, understandable information on how and what to eat. It offers a section on Lifestyle and Prevention and covers areas from nutrition, fitness, community programs and information on older and younger people.

USDA Food and Nutrition Information Center
This site is much the same as the others offering basically the same information from the same sources.

Harvard School of Public Health
http://www.hsph.harvard.edu/nutritionsource/more/type-2-diabetes/
This website is from the Harvard School of Public Health which offers links to academics and admissions. But it also contains a great deal of information on type 2 diabetes including exercise, recipes.

CHOLESTEROL

University of Georgia
http://www.uhs.uga.edu/nutrition/cholesterol.html
This is the University of Georgia University Health Center page which, along with information on cholesterol, provides links in the Health Professions within the University.

American Heart Association
http://www.americanheart.org/presenter.jhtml?identifier=531
This website had the usual information on cholesterol. But it offered menu selection tips on how to eat healthier.

AHA
http://www.americanheart.org/presenter.jhtml?identifier=1510
See above.

WebMD Cholesterol Lowering Foods
http://www.webmd.com/cholesterol-management/guide/cholesterol-lowever-foods
Though this particular website did not come up the WebMD home page did. I hit the A-Z and chose Cholesterol. There was a great deal of information available.

Medline Plus Cholesterol and Diet
This website offers a great deal of information on cholesterol. This website is worth looking into.

CANCER

National Cancer Institute: Nutrition in Cancer care
http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/patient
This website offers a great deal of information on the importance of good nutrition and the reason why good nutrition is difficult to achieve in the treatment of cancer.
National Cancer Institute: Eating Hints for Cancer patients
http://www.cancer.gov/cancertopics/eatinghints
This site provides information on the importance of diet before, during and after treatment of cancer. Information is provided on managing eating problems and special notes are provided for caregivers. Recipes are offered.

American Cancer Society: Nutrition for the Person with Cancer
This site deals with nutrition for the person with cancer and the nutrition before treatment, the side effects of the treatment, and when treatment causes eating problems. It also deals with the nutrition of children with cancer. The various types of cancer treatment and included in the arena of nutrition.

WebMD
http://www.webmd.com/cancer/nutrition-cancer-8/default.htm
This website is about nutrition to help fight cancer.

USDA Food and Nutritional Information Center
This site offers information on nutrition for cancer patients, after treatment ends, cancer survivors and children with cancer.

Penn Cancer
This site provides a list of websites regarding cancer and nutrition that are quite informative.

HEART HEALTH

USDA Food and Nutrition Information Center
Provides resources and information on cardiovascular diseases, dietary modifications, including the National Cholesterol Education Program, and ethnic and cultural heart health education materials.

ACA Healthy Heart
http://eatright.org/cps/rde/xchg/ada/xsl/nutrition_19716_ENU_HTML.htm
Website offers monthly features (this month: Make Healthy Food Choices), nutrition fact sheets, reading list, etc.

USDA Food and Nutrition Information Center: Heart Nutrition
http://fnic.nal.usda.gov/nal_display/index.hp?info_center=4&tax_level=3&tax+subject=358&topic_id=1611&level3_id=5974&level4_id=0&level5_id=0&placement_default=0
Offers information on Heart-Healthy Nutrition and related information. Also has information on high blood cholesterol.
AHA Diet and Nutrition
http://www.americanheart.org/presenter.jhtml?identifier=1200010
Website provides information on Diet & Nutrition, fad diets, recommendations, nutrition facts, information on fats.

CDC Heart Disease Prevention
http://www.cdc.gov/HeartDisease/prevention.htm
Offers information on prevention and control of high blood cholesterol, high blood pressure, diabetes, no use of tobacco, moderate alcohol use, maintaining a healthy weight, regular physical activity, maintain a healthy diet.

Mayo Clinic Heart Healthy Diet
http://www.mayoclinic.com/health/heart-healthy-diet/NU00196
Excellent web page which not only what was unhealthy, but gave examples of the foods. Who knew coconut should be avoided?