

Helpful Links for Nutrition

Official Guidelines:

1. My Pyramid: <http://www.mypyramid.gov/pyramid/>
2. 2005 Dietary Guidelines can be found on MyPyramid page or at: <http://www.healthierus.gov/dietaryguidelines/index.html>
3. Healthy People 2010: <http://www.healthypeople.gov/>
4. DRIs: (Dietary Reference Intakes);
USDA Food and Nutrition Information Center:
<http://www.nal.usda.gov/fnic/etext/000105.html>
5. Food Labeling: <http://www.cfsan.fda.gov/label.html>
6. Dietary Supplement Health and Education Act:
<http://www.cfsan.fda.gov/~dms/supplmnt.html>
7. Office of Dietary Supplements: <http://ods.od.nih.gov/>

Medline Plus and Vitamin/Mineral Information:

8. Medline Plus— Herbal Medicine, Vitamin and Mineral Supplements, Contraception, Substance Abuse, PKU, Spina Bifida, Cystic Fibrosis:
http://www.nlm.nih.gov/medlineplus/all_healthtopics.html
9. Vitamin & Mineral Fact Sheet (on the Office of Dietary Supplements website click on health info, then vitamin and mineral fact sheet) or:
[http://ods.od.nih.gov/Health Information/Vitamin and Mineral Supplement Fact Sheets.aspx](http://ods.od.nih.gov/Health%20Information/Vitamin%20and%20Mineral%20Supplement%20Fact%20Sheets.aspx)

Cardiovascular Disease:

10. American Heart Association:
<http://www.americanheart.org>
<http://www.deliciousdecisions.org>
11. Mediterranean Diet:
<http://www.americanheart.org/presenter.jhtml?identifier=4644>

<http://www.womensheartfoundation.org/content/Nutrition/mediterranean.asp>

Obesity:

12. National Heart, Lung, Blood Institute— Obesity Education Initiative (see Special Applications, i.e. Menu Planner, BMI Calculations):
<http://www.nhlbi.nih.gov/about/oei/index.htm>
13. Executive Summary on Obesity Guidelines:
http://www.nhlbi.nih.gov/guidelines/obesity/ob_exsum.htm
14. National Heart, Lung, Blood Institute— AIM for a Healthy Weight:
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Hypertension:

15. National Heart, Lung, Blood Institute— Guide to Lowering Your Blood Pressure:
<http://www.nhlbi.nih.gov/hbp/index.html>
16. DASH diet: <http://www.dashdiet.org>

High Cholesterol:

17. National Heart, Lung, Blood Institute— Guide to Lowering Your Cholesterol (Patient Information, Executive Summary of the ATP III Panel, and 10-Year Risk Calculation):
<http://www.nhlbi.nih.gov/guidelines/cholesterol/>

Cancer:

18. American Cancer Society: <http://www.cancer.org>
19. National Cancer Institute— Eating Hints for Cancer Patients:
<http://www.nci.nih.gov/cancertopics/eatinghints/page1>

Metabolic Disorders and Birth Defects:

20. Phenylketonuria
<http://www.nlm.nih.gov/medlineplus/phenylketonuria.html>
21. Cystic Fibrosis (Internet Community and MedlinePlus Info):
<http://www.nlm.nih.gov/medlineplus/cysticfibrosis.html#nutrition>
22. Spina Bifida (Information for Parents and MedlinePlus Info):
<http://www.waisman.wisc.edu/~rowley/sb-kids/index.html>
<http://www.nlm.nih.gov/medlineplus/spinabifida.html>

Women's Health and Pre-conception:

23. WIC Topics:
<http://www.nal.usda.gov/wicworks/Topics/index.html>
24. National Women's Health Information Center— Contraception, Breastfeeding, Pregnancy, Various Health Topics:
<http://www.4woman.gov/>
25. Folic Acid Modules: "Getting Familiar" and "Barriers"
<http://www.folicacid.net/login.asp>
26. (400 mcg) Folic Acid for the Prevention of Neural Tube Defects:
<http://pediatrics.aappublications.org/cgi/content/abstract/104/2/325>
27. USDA Food and Nutrition Service— WIC:
<http://www.fns.usda.gov/wic/>

Fetal Nutrition:

28. Folic Acid Modules: "Getting Familiar" and "Barriers"
<http://www.folicacid.net/login.asp>
29. Spina Bifida (Information for Parents and MedlinePlus Info):
<http://www.waisman.wisc.edu/~rowley/sb-kids/index.html>
<http://www.nlm.nih.gov/medlineplus/spinabifida.html>

Breastfeeding:

30. Breastfeeding Article (2005):
<http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;15/2/496>
31. International Board of Lactation Consultant Examiners:
<http://www.iblce.org/>
32. ProMoM— Promotion of Mother's Milk:
<http://www.promom.org/>
33. La Leche League— Mother to Mother Breastfeeding Support Group:
<http://www.lalecheleague.org/>
34. American Academy of Pediatrics— Breastfeeding Benefits and Getting Started:
<http://www.aap.org/healthtopics/breastfeeding.cfm>
35. American Academy of Pediatrics— Current Information about Breastfeeding:
<http://www.aap.org/healthtopics/breastfeeding.cfm>

Child Nutrition:

36. Infant Feeding Information on WIC:

http://www.nal.usda.gov/wicworks/Topics/infant_nut_general.html

37. Phenylketonuria
<http://www.nlm.nih.gov/medlineplus/phenylketonuria.html>
38. Toddler Feeding Information:
http://www.keepkidshealthy.com/toddler/feeding_your_toddler.html
39. Center for Disease Control (CDC) Growth Charts:
http://www.cdc.gov/growthcharts/clinical_charts.htm
40. U.S. Department of Health and Human Services— Head Start:
<http://eclkc.ohs.acf.hhs.gov/hslc>
41. USDA Child Nutrition— Day Care Meals:
<http://www.fns.usda.gov/cnd/care/cacfp/cacfphome.htm>
42. USDA Food and Nutrition Service— School Meals:
<http://www.fns.usda.gov/cnd/Default.htm>

Elderly Nutrition:

43. Elderly Nutrition Information:
http://www.nal.usda.gov/foodstamp/Topics/elderly_nutrition.html
44. Elderly Nutrition Program Fact Sheet:
<http://www.frac.org/pdf/ENPfactsheet.PDF>

Food Security:

45. Are You Eligible for Food Stamps?
http://www.fns.usda.gov/fsp/outreach/coalition/resources/Are_You_Eligible-0304.doc
46. USDA Food and Nutrition Service— Food Stamp Program:
http://www.fns.usda.gov/fsp/applicant_recipients/how_to_apply.htm

47. America's Second Harvest:
<http://www.secondharvest.org/>

Feeding Programs:

48. Federal Food Programs:
http://www.frac.org/html/federal_food_programs/federal_index.html
49. U.S. Department of Health and Human Services— Head Start:
<http://eclkc.ohs.acf.hhs.gov/hslc>
50. USDA Child Nutrition— Day Care Meals:
<http://www.fns.usda.gov/cnd/care/cacfp/cacfphome.htm>
51. USDA Food and Nutrition Service— School Meals:
<http://www.fns.usda.gov/cnd/Default.htm>
52. USDA Food and Nutrition Service— WIC:
<http://www.fns.usda.gov/wic/>

Nutrition-related Community Help Available

57. Angel Food Ministries
<http://www.angelfoodministries.com/>
58. Food Stamps
<http://www.fns.usda.gov/fsp/>
59. Head Start
<http://eclkc.ohs.acf.hhs.gov/hslc>
60. Meals on Wheels
<http://www.mowaa.org/>

61. School Breakfast Program

<http://www.fns.usda.gov/cnd/breakfast/AboutBFast/SBPFactSheet.pdf>

62. WIC (Women, Infant's and Children Program)

<http://www.fns.usda.gov/wic/aboutwic/wicataglance.htm>

63. If you are not comfortable with how to read and understand the Nutrition Facts Label on foods , you can go to the U.S. Food and Drug Administration website for an excellent discussion and tutorial.

<http://www.cfsan.fda.gov/~dms/foodlab.html#twoparts>

Additional Helpful Links

[Dietary Reference Intake Publications](#) : Follow link, then click on *Browse Categories* and then Food and Nutrition

News Agencies

[CNN Health Report](#)

[Yahoo News](#) Follow link to Health page

Nutritional Recommendations:

[Dietary guidelines of the USDA & HHS](#)

[Food Guide Pyramid](#)

[Food Labeling](#)

[American Heart Association](#)

[American Cancer Society](#)

[FDA Health Claims](#)

[Dietary Supplement Health and Education Act](#)

Herbs and Supplements:

National Institutes of Health

[Office of Dietary Supplements](#)

[Clinical Center](#)

USDA

[Food and Nutrition Information Center](#)

Medline Plus

[Herbal Medicine](#)

[Vitamin and Mineral Supplements](#)

Pregnancy:

[Fetal Development](#)

[Folic Acid Training Module](#)

Breastfeeding:

[Academy of Pediatrics Breastfeeding Policy](#)

[International Lactation Consultants](#)

[ProMoM](#) Promotion of Mother's Milk

[La Leche](#) Mother to mother support group

Early Childhood Nutrition:

[A Guide to Infant Feeding](#)

[Iron Needs of the Low Birth Weight Infant](#)

[Spina Bifida Fact Sheet](#)

[Medline Plus: Failure To Thrive \(FTT\)](#)

[Feeding the Toddler](#)

[CDC growth charts](#)

Adults and Chronic Disease:

[Substance Abuse](#)

[Obesity assessment and treatment guidelines](#)

[Aim for a Healthy Weight](#)

[Hypertension](#) Diagnosis and treatment

[DASH Diet Booklet](#)

[Lipid Disorders – Guidelines for treatment](#)

[Cancer: 5 A Day](#)

[CDC Next generation of 5 a day](#)

Food security programs:

Department of Agriculture

[School Lunch](#)

[Breakfast Program](#)

[Summer Food Service Program](#)

[Day Care Meals](#)

Department of Health and Human Services

[Head Start Nutrition Program](#)

Department of Agriculture

[Food Stamps](#)

Department of Agriculture

[WIC: Women, Infants and Children Supplemental Feeding Program](#)

Administration on Aging

[Elderly Nutrition Program](#)

Emergency Food Programs:

Federal: [Department of Agriculture](#)

National: [Second Harvest](#)