Reliable Sources for Food & Nutrition Information

• American Dietetic Association
  Includes nutrition information, nutrition-related legislation, and how to locate a dietitian by zip code. www.eatright.org

• American Obesity Association
  Comprehensive web portal offering general information on obesity, current research and trials, treatment, prevention and consumer protection against obesity. www.obesity.org

• National Diabetes Education Program
  The National Diabetes Education Program (NDEP) is a federally sponsored initiative that involves public and private partners to improve the treatment and prevention of diabetes. www.ndep.nih.gov

• The American Diabetes Association
  Nonprofit health organization providing diabetes research, information and advocacy. Teaches about diabetes, treatments, and support systems. www.diabetes.org

• National Institute of Diabetes & Digestive & Kidney Disease
  Reliable information about these diseases, nutrition, research and treatment. www.niddk.nih.gov

• The American Cancer Society
  Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering. www.cancer.org

• The American Heart Association
  Excellent diet, nutrition and lifestyle advice to prevent and treat heart disease. www.americanheart.org

• A Celiac and Gluten free diet resource, by Shelley Case, RD. One of the best Celiac resources. www.celiac.com

• Osteoporosis & Related Bone Disease National Resource Center
  Information for health care professionals, patients and the public about metabolic bone diseases. www.osteo.org

• Vegetarian Resource Group
  Vegetarian recipes and nutrition information. The Vegetarian Resource Group (VRG) is a nonprofit organization dedicated to educating the public. www.vrg.org

• Men’s Health
  Daily tips and articles on fitness, nutrition, relationships, career and lifestyle. www.menshealth.com
• Dole 5-A-Day Program
  Educates kids, parents & teachers about nutrition and eating more fruits and veggies.
  www.dole5aday.com

• Healthy Choices for Kids Online
  Nutrition education curriculum for teachers and day care providers.
  www.healthychoices.org

• The Food Allergy Network
  Dedicated to educating the public in food allergies and related issues.
  www.foodallergy.org

• Center for Science in the Public Interest
  www.cspinet.org

• The Food Guide Pyramid
  The U.S. Department of Agriculture website that guides you through all aspects of the Food Guide Pyramid and lets you personalize your pyramid.
  www.mypyramid.gov

• Food Safety Website
  Food Safety information and resources for consumers, educators, researchers and absolutely anyone that wants to know more about preventing food borne illness.
  www.ces.ncsu.edu/depts/foodsci/agentinfo

• Field to Plate
  Dedicated to helping people improve their total relationship and to develop more meaningful, informed and respectful experience with food.
  www.fieldtoplate.com

• Slow Food
  International movement opposing fast food and promoting dining as a source of pleasure.
  Newsletter, events, and membership information.
  www.slowfood.com

• Nutritiously Gourmet.
  Click on the Monthly Produce Calendar for a month-to-month guide for fruits and vegetables that are in season all year round.
  www.nutritiouslygourmet.com