

## 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](http://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](http://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](http://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](http://www.diabetes.org)
- National Institute of Diabetes & Digestive & Kidney Disease  
Reliable information about these diseases, nutrition, research and treatment. [www.niddk.nih.gov](http://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](http://www.cancer.org)
- The American Heart Association  
Excellent diet, nutrition and lifestyle advice to prevent and treat heart disease. [www.americanheart.org](http://www.americanheart.org)
- A Celiac and Gluten free diet resource, by Shelley Case, RD. One of the best Celiac resources. [www.celiac.com](http://www.celiac.com)
- Osteoporosis & Related Bone Disease National Resource Center  
Information for health care professionals, patients and the public about metabolic bone diseases. [www.osteoporosis.org](http://www.osteoporosis.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](http://www.vrg.org)
- Men's Health  
Daily tips and articles on fitness, nutrition, relationships, career and lifestyle. [www.menshealth.com](http://www.menshealth.com)

- Dole 5-A-Day Program

Educates kids, parents & teachers about nutrition and eating more fruits and veggies.

[www.dole5aday.com](http://www.dole5aday.com)

- Healthy Choices for Kids Online

Nutrition education curriculum for teachers and day care providers.

[www.healthychoices.org](http://www.healthychoices.org)

- The Food Allergy Network

Dedicated to educating the public in food allergies and related issues.

[www.foodallergy.org](http://www.foodallergy.org)

- Center for Science in the Public Interest

Publishers of the Nutrition Action Newsletter. Often contains comparisons of food items and restaurant meals. [www.cspinet.org](http://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](http://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](http://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](http://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](http://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](http://www.nutritiouslygourmet.com)