

Nutrition

The following Web sites contain general information on healthy eating, as well as information on whole grains, fruits and vegetables, and healthy fat. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

General Information on Healthy Eating

American Cancer Society

ACS Guidelines for Eating Well and Being Active

The American Cancer Society Web site offers guidelines for healthy eating and physical activity, covering both individual and community-wide actions that may help prevent cancer.

www.cancer.org/docroot/PED/ped_3_1x_ACS_Guidelines.asp?sitearea=PED

American Diabetes Association

Nutrition and Recipes

The American Diabetes Association's Web site offers nutrition information and recipes for people with diabetes; materials on the ADA's Web site include a guide to making healthy food choices and a guide to eating out.

www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp

American Dietetic Association (ADA)

Food and Nutrition Information

The American Dietetic Association Web site provides food and nutrition information for health professionals and consumers.

www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html

American Heart Association

Diet and Nutrition

The American Heart Association Web site provides heart-healthy diet and lifestyle recommendations, as well as recipes and shopping tips.

www.americanheart.org/presenter.jhtml?identifier=1200010

American Institute for Cancer Research (AICR)

Diet and Cancer

AICR is a nonprofit organization that sponsors research on diet and cancer. Its Web site provides information on the link between diet and cancer, and on ways to reduce cancer risk. AICR also offers a nutrition hotline staffed by Registered Dietitians.

www.aicr.org

Center for Children's Health Media, The Nemours Foundation

KidsHealth

KidsHealth, a Web site focused on the health of children and teens, has nutrition and fitness information for children, teens, and parents.

Kids: www.kidshealth.org/kid/stay_healthy/fit/nutrition_center.html

Teens: www.kidshealth.org/teen/food_fitness/

Parents: www.kidshealth.org/parent/nutrition_fit/index.html

Centers for Disease Control and Prevention

BAM! Body and Mind

The BAM! Web site, designed for children ages 9 through 13, provides information on nutrition and other health topics.

www.bam.gov/

Centers for Disease Control and Prevention

Nutrition Topics

This Web site links to several CDC nutrition-related resources, including tips for healthy eating, healthy weight maintenance, breastfeeding, and improving bone health.

www.cdc.gov/nccdphp/dnpa/nutrition/index.htm

Centers for Disease Control and Prevention (CDC), Department of Health's Office on Women's Health, and the National Osteoporosis Foundation

Powerful Bones. Powerful Girls

The "Powerful Bones. Powerful Girls." Web site, part of the National Bone Health Campaign, is designed to help girls learn that doing weight-bearing physical activity and eating calcium-rich foods can be fun and can help build strong bones. The Web site includes quizzes, games, recipes, and ideas for weight-bearing physical activity.

www.cdc.gov/powerfulbones/

Center for Science in the Public Interest

Smart Mouth

The Smart Mouth Web site, CSPI's nutrition Web site for children and teens, features fun facts about food and the food industry, as well as nutrition-related games, recipes, and articles.

www.cspinet.org/smartmouth/index1.html

Harvard Prevention Research Center on Nutrition and Physical Activity (HPRC)

HPRC works with community partners to design, implement, and evaluate programs that improve nutrition and physical activity, and that reduce overweight and chronic disease risk among children and youth.

www.hsph.harvard.edu/prc/

National Heart, Lung and Blood Institute (NHLBI)

Portion Distortion Quiz

NHLBI's Portion Distortion Quiz graphically illustrates the super-sizing of food portion sizes over the past 20 years. The site also offers a handy, downloadable serving size information card, to help people remember what a standard serving of food looks like.

<http://hp2010.nhlbihin.net/portion/index.htm>

Serving size card: <http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

The Nutrition Source, Harvard School of Public Health

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. The Nutrition Source explores the latest science about healthy eating for adults; topics covered include healthy fat and carbohydrate, fruits and vegetables, protein, calcium, alcohol, type 2 diabetes, healthy weight, and exercise.

www.hsph.harvard.edu/nutritionsource/

Office on Women's Health, U.S. Department of Health and Human Services

GirlsHealth

The GirlsHealth Web site, designed for girls ages 10 through 16, has information on nutrition, fitness, and other health topics. The site also has a section for parents and caregivers, and a section with classroom materials.

www.4girls.gov/

Public Broadcasting Service

PBS TeacherSource

The PBS TeacherSource Web site has more than 3,000 free lesson plans and activities that teachers can download, including nutrition and fitness lesson plans for all grade levels.

www.pbs.org/teachersource/health.htm

U.S. Department of Agriculture, Food and Nutrition Service

Eat Smart. Play Hard.

The “Eat Smart. Play Hard.” campaign encourages children, parents, and caregivers to eat healthy and be physically active every day. The Web site has activity sheets, videos, and games for children (based on the MyPyramid food guidance system); health-promoting tips and online tools for parents and caregivers; and promotional materials for professionals.

www.fns.usda.gov/eatsmartplayhard/

U.S. Department of Agriculture

Food and Nutrition Information Center

The Food and Nutrition Information Center Web site has information on many nutrition topics, such as diet and disease, food labeling, food composition, food safety, healthy weight, and obesity. The site includes links to diet assessment tools and to a database of the calories and nutrients found in foods.

http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4

U.S. Department of Agriculture

MyPyramid

The USDA's MyPyramid food guidance system Web site provides information on nutrition and physical activity for adults and children.

www.mypyramid.gov/

U.S. Department of Agriculture, Food and Nutrition Service, and the Food and Drug Administration

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

The Power of Choice guide is designed for after-school program leaders who work with children ages 11 through 13. The downloadable guide contains activities, posters, and other materials aimed at improving children's nutrition and physical activity.

www.fns.usda.gov/tn/resources/power_of_choice.html

U.S. Department of Health and Human Services;

U.S. Department of Agriculture

Dietary Guidelines for Americans 2005

The *Dietary Guidelines for Americans* provide advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

www.healthierus.gov/dietaryguidelines/

U.S. Department of Health and Human Services;

U.S. Department of Agriculture

Finding Your Way to a Healthier You

This consumer brochure, based on the *Dietary Guidelines for Americans 2005*, offers nutrition and physical activity advice aimed at reducing the risk of chronic diseases.

www.health.gov/DietaryGuidelines/dga2005/document/html/brochure.htm

Also available in PDF form: www.health.gov/DietaryGuidelines/dga2005/document/pdf/brochure.pdf

We Can! (Ways to Enhance Children's Activity & Nutrition)

Good Food That's Good for You

We Can! is a federal program that gives parents and caregivers tools for promoting healthy weight in children. The We Can! Web site offers suggestions for healthy eating, including the Go, Slow, and Whoa! guide to making healthy choices.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/good-food.htm

Fruits and Vegetables

American Cancer Society

Fruits and Vegetables: Do You Get Enough?

The American Cancer Society Web site offers suggestions for getting at least five servings of fruits and vegetables every day.

www.cancer.org/docroot/PED/content/PED_3_2X_Hints_for_Eating_Smart_with_Fruits_and_Vegetables.asp

American Heart Association

AHA Recommendation: Vegetables and Fruits

The American Heart Association Web site offers recommendations for fruit and vegetable intake, as well as tips for buying and preparing fruits and vegetables.

www.americanheart.org/presenter.jhtml?identifier=4774

Centers for Disease Control and Prevention

Nutrition for Everyone: Fruits and Vegetables

This Web site has suggestions for incorporating fruits and vegetables into the diet, a fruit and vegetable recipe database, and advice on how to use fruits and vegetables to manage weight.

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/fruits_vegetables/index.htm

Dole Food Company

Dole 5 A Day

Dole Food Company's 5 A Day Program offers many resources for teaching children about the benefits of eating five or more servings of fruits and vegetables a day. This Web site has tips for parents, students, and teachers, as well as fruit and vegetable nutrition and serving size information and recipes.

www.dole5aday.com/index.jsp

National Cancer Institute

5 to 9 a Day for Better Health

The National Cancer Institute and Produce for Better Health are cofounders of the 5 a Day for Better Health program, a public-private nutrition education effort to promote increased consumption of fruits and vegetables. This Web site offers serving size information tailored to men, women, and children; a section on African American health (including the Body and Soul health program developed for African American churches); fruit and vegetable recipes; and research highlights.

www.5aday.gov/

New Hampshire Department of Education and Department of Health and Human Services

5 A Day Quantity Recipe Cookbook

This online cookbook offers quantity and family-size recipes featuring fruits and vegetables; the quantity recipes use USDA commodity foods and are kid tested.

www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf

The Nutrition Source, Harvard School of Public Health

Fruits & Vegetables

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article provides an overview of the latest research on the health benefits associated with eating fruits and vegetables; cardiovascular disease, blood pressure, cancer, and blood cholesterol are addressed.

www.hsph.harvard.edu/nutritionsource/fruits.html

Produce for Better Health Foundation (PBH)

5 A Day the Color Way

Produce for Better Health and the National Cancer Institute are cofounders of the 5 a Day for Better Health program, a public-private nutrition education effort to promote increased consumption of fruits and vegetables. This Web site offers information on the benefits of fruits and vegetables and how to select them, as well as teaching tools and recipes.

www.5aday.com/

U.S. Department of Agriculture (USDA)

MyPyramid

USDA's MyPyramid Web site provides information on nutrition and physical activity for adults and children. MyPyramid has information on fruit and vegetable serving sizes, recommended intake, and health benefits, as well as tips to increase fruit and vegetable consumption.

www.mypyramid.gov/pyramid/fruits.html

www.mypyramid.gov/pyramid/vegetables.html

Whole Grains

Linus Pauling Institute, Oregon State University

Micronutrient Information Center: Whole Grains

This Web site has information on whole grains' role in disease prevention, recommended whole grain intakes, and ways to increase whole grain consumption.

<http://lpi.oregonstate.edu/infocenter/foods/grains/>

The Nutrition Source, Harvard School of Public Health

Going With the (Whole) Grain

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article discusses the health benefits of whole grains, explains the glycemic index and glycemic load, and offers tips for choosing healthy carbohydrate.

www.hsph.harvard.edu/nutritionsource/carbohydrates.html

U.S. Department of Agriculture (USDA)

MyPyramid

The USDA's MyPyramid Web site provides information on nutrition and physical activity for adults and children. MyPyramid has tips on adding whole grains to the diet.

www.mypyramid.gov/pyramid/grains_tips.html

University of Minnesota

The Whole Grain

The University of Minnesota's Department of Nutrition and Food Science has a Web site dedicated to whole grains. The site defines whole grains, gives examples of common and less well-known whole grains, and discusses their health benefits.

www.wholegrain.umn.edu/grains/index.cfm

Healthy Fat

American Heart Association

AHA Scientific Position: Fat

The American Heart Association's Web site describes its recommendation on fat intake, which includes limiting saturated fat consumption to no more than 7 percent of total calories.

www.americanheart.org/presenter.jhtml?identifier=4582

The Nutrition Source, Harvard School of Public Health

Fats and Cholesterol—The Good, the Bad, and the Healthy Diet

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article discusses the different types of fat found in food and their relationship to blood cholesterol and heart disease.

www.hsph.harvard.edu/nutritionsource/fats.html