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Food and Nutrition Information Center

National Agricultural Library USDA, 10301 Baltimore Ave., Room 105 Beltsville, MD 20705-2351



Eating Smart: A Nutrition Resource List for Consumers September 2010

This publication is a compilation of resources on general nutrition and healthy eating for the consumer. The resources are in a variety of formats: books, newsletters, and materials on the World Wide Web.

The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publication do not necessarily reflect the views of the U.S. Department of Agriculture. Contact information is provided for Web sites, organizations, and for government publications. Your local library or bookstore can help you locate books and print newsletters. Materials cannot be purchased from the National Agricultural Library (NAL).

This resource list is available from the Food and Nutrition Information Center's (FNIC) web site at <http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. General Nutrition Information Resources

a. Books

American Dietetic Association Complete Food and Nutrition Guide, 3rd Edition

Roberta Larson Duyff , MS, RD, FADA, CFCS
Hoboken, NJ: John Wiley & Sons, Inc., 2006, 678 pp.

NAL Call Number: RA784.D89 2006

ISBN: 9780470048429

Description: Addresses healthy eating guidelines and practical strategies for adults, teens, and children. Includes chapters on food intolerance and allergies, vegetarian eating, athletics and nutrition, and dietary supplements. Discusses how to spot health quackery and when to seek the advice of a nutrition professional.

Bowes & Church's Food Values of Portions Commonly Used, 19th Edition

Jean A. T. Pennington, PhD, RD and Judith Spungen, MS, RD
Baltimore, MD: Lippincott, Williams & Wilkins, 2010, 425 pp.

NAL Call Number: TX551.P385 2010

ISBN: 9780781781343

Description: Contains tables of the nutritional content (calories, protein, fat, carbohydrate, and 26 other nutrients) of over 6,300 foods grouped by food group. In addition, there are supplementary tables for other substances such as alcohol, amino acids, caffeine, gluten, and sugars.

The Complete Idiot's Guide to Total Nutrition, 4th Edition

Joy Bauer, MS, RD, CDN
New York, NY: Alpha Books, 2005, 436 pp.

NAL Call Number: RA784.B354 2005

ISBN: 1592574394

Description: Provides general nutrition information for families, including the fundamentals of healthful eating based on the *Dietary Guidelines*, a review of the basic nutrients, and specific chapters on shopping, cooking, nutrition for special health needs, and weight management. Includes recipes.

The Dish on Eating Healthy and Being Fabulous

Carolyn O'Neil, MS, RD and Denise Webb, PhD, RD
New York, NY: Atria Books, 2009, 384 pp.

NAL Call Number: RA778.O485 2004 (2004 hardcover edition)

ISBN: 0743476891

Description: Features nutrition advice for women— aka “the dish” – on diet and nutrition topics including eating in, dining out, entertaining, and looking good. Provides tips and tricks for thinking about eating healthfully, along with an occasional recipe or chef sidebar.



Eat Out, Eat Right: The Guide to Healthier Restaurant Eating, 3rd Edition

Hope Warshaw, MMSc, RD, CDE

Chicago, IL: Surrey Books, 2008, 284 pp.

NAL Call Number: RA784.W364 2008

ISBN: 1572840927

Description: Portable book that provides an overview of restaurant eating habits and introduces skills and strategies that can be used at any restaurant to make healthier choices. Includes nutrition information for a variety of restaurant foods and cuisines, and offers tips for decoding “menu lingo.”

A Healthier You: Based on the Dietary Guidelines for Americans

U.S. Department of Health and Human Services

Washington, DC: Government Printing Office, 2005, 355 pp.

NAL Call Number: TX360.U6 H43 2005

ISBN: 0160725259

Description: Reviews key concepts from the *Dietary Guidelines for Americans 2005* and provides user-friendly tips for following the *Dietary Guidelines* recommendations. Also contains worksheets, sample eating plans, shopping lists, and recipes. The *Dietary Guidelines for Americans, 2005* is re-printed in full at the end of the book.

Ordering Information:

U.S. Government Printing Office

P.O. Box 979050

St. Louis, MO 63197-9000

Phone: 866-512-1800

Web site: <http://bookstore.gpo.gov>

Nutrition For Dummies, 4th Edition

Carol Ann Rinzler, MA

Indianapolis, IN: Wiley Publishing, Inc., 2006, 408 pp.

NAL Call Number: TX355.R535 2006

ISBN: 9780471798682

Description: Takes a simple approach to explaining the basics of nutrition, including how the body uses food, the nutrient content of foods and how to eat a balance of foods to improve health.

Nutrition for Life: The Definitive Guide to Eating Well for Good Health

Lisa Hark, PhD, RD and Darwin Deen, MD

New York, NY: Dorling Kindersley, 2007, 336 pp.

NAL Call Number: RA784.H367 2005 (2005 hardcover edition)

ISBN: 1405328355

Description: Guides healthful eating practices throughout the lifespan using case studies. Discusses food and nutrient basics, use of diet to prevent disease, food shopping and storage; also decodes several popular diet myths in the “Diet Directory” section.



Pocket Supermarket Guide, 3rd Edition

American Dietetic Association

New York, NY: John Wiley & Sons, Inc., 36 pp.

ISBN: 0880914076

Description: Designed to reflect consumer shopping trends, this pocket-sized guide is arranged by food type for easy reference and is packed with nutrition information and healthful shopping tips. A very helpful tool for making smart food choices based on personal dietary needs.

b. Newsletter Subscriptions

American Institute for Cancer Research (AICR) Newsletter

Web site: http://www.aicr.org/site/PageServer?pagename=aicr_publications

Description: Offers three e-mail-based newsletters, including a weekly *Health-e-Recipes*, a bi-weekly *Cancer Research Update*, and a monthly e-newsletter; also, a quarterly *AICR Newsletter* by mail. Sign up on the Web site to subscribe to the e-mail newsletters, or request a free subscription to the print newsletter using the contact information below.

Ordering Information:

American Institute for Cancer Research

1759 R Street, NW

Washington, DC 20009

Phone: 800-843-8114

E-mail: aicrweb@aicr.org

Environmental Nutrition Newsletter

Web site: <http://www.environmentalnutrition.com/>

Description: Provides bottom-line guidance on food and nutrition based on monthly editorial team reviews of research reports and expert and regulator input. A free online trial is available prior to opening a paid subscription. Subscribe online or request a print subscription at <http://www.environmentalnutrition.com/subscribe/>

Ordering Information:

Environmental Nutrition

P.O. Box 5656

Norwalk, CT 06856-5656

Phone: 800-424-7887

Fax: 203-857-3103

E-mail: Customer_Service@belvoir.com

Feeding Kids Newsletter

Web site: http://nutritionforkids.com/Feeding_Kids.htm

Description: An e-mail newsletter for caregivers, providing hints and tips on how to feed kids healthfully. Articles focus on basic nutrition and meal planning. Subscribe for free on the Web site.

Food and Drug Administration (FDA) Consumer E-mail Updates

Web site: <http://www.fda.gov/ForConsumers/ConsumerUpdates/default.htm>



Description: Offers consumer health updates that are posted on FDA's Consumer Updates Web page via e-mail. These timely consumer updates cover product approvals, safety warnings, and other health information. Subscribe at <http://www.fda.gov/consumer/consumernews.html>

Food Insight

International Food Information Council Foundation

Web site: <http://www.foodinsight.org/Newsletter.aspx>

Description: Features monthly articles and news bites on interesting and important nutrition and food safety issues. View the newsletter archives or sign up to receive this free monthly e-newsletter by clicking on "Newsletter Sign-up."

Food Reflections E-mail Newsletter

University of Nebraska-Lincoln Extension-Lancaster County

Web site: <http://lancaster.unl.edu/food/food-reflections.shtml>

Description: Provides practical messages on food, nutrition, and food safety via a free monthly e-mail newsletter. Print or view past issues online, or subscribe to have the newsletter delivered to your e-mail account.

Harvard Health Publications

Harvard Medical School

Web site: <http://www.health.harvard.edu/newsletters>

Description: A variety of newsletters focusing on all areas of health, including women's health, men's health, heart health, and mental health. Purchase subscriptions online by clicking on the newsletter of your choice, or sign up for the weekly HEALTHBeat, a free e-mail newsletter.

Nutrition Action Healthletter

Center for Science in the Public Interest

Web site: <http://www.cspinet.org/nah/>

Description: Reports on nutrition and food safety issues with practical tips and recipes. A selection of past feature articles can be viewed online. Open a paid subscription online or mail a subscription request to the following address:

Ordering Information:

Nutrition Action Circulation Department
1875 Connecticut Avenue, N.W., Suite 300

Washington, DC 20009

Phone: 202-332-9110, ext. 393

Fax: 202-265-4954

E-mail: circ@cspinet.org



Nutrition and Your Child

United States Department of Agriculture/Agricultural Research Service, Children's Nutrition Research Center at Baylor College of Medicine

Web site: <http://www.bcm.edu/cnrc/index.cfm?PMID=9883>

Description: Geared to parents and professionals who work with kids, this quarterly newsletter provides practical feeding advice and tips as well as updates on nutrition research. Available in PDF format on the Web site at no charge.

Tufts Health & Nutrition Letter

Tufts University Friedman School of Nutrition Science and Policy

Web site: <http://healthletter.tufts.edu>

Description: Translates nutrition research into practical health guidance. Articles focus on the latest 'trends' in food and nutrition providing researched health information. Purchase a subscription or sign up for free Tufts Health & Nutrition e-mail updates online or by mail.

Ordering Information:

Tufts University Health & Nutrition Letter

P.O. Box 8517

Big Sandy, TX 75755

Phone: 800-274-7581

E-mail: healthletterhelp@tufts.edu

UC Berkeley Wellness Letter

Web site: <http://www.berkeleywellness.com/index.php>

Description: Provides practical information on nutrition and fitness as well as other health topics. Requires a paid subscription to view full articles online or receive them by mail. Subscribe online (or by mail), or sign up for free Wellness Alerts on the Web site.

Ordering Information:

University of California, Berkeley Wellness Letter

Subscription Department

P.O. Box 420148

Palm Coast, FL 32142

Phone: 800-829-9170



c. Magazines

Cooking Light Magazine

Web site: <http://www.cookinglight.com/magazine>

Description: Features healthy recipes as well articles devoted to general health and fitness. Recipes are accompanied by step-by step instructions, as well as nutritional content and color photographs. Subscribe online or see below for subscription address:

Ordering Information:

Cooking Light Customer Service

3000 University Center Drive

Tampa, FL 33612

Phone: 800-336-0125

E-mail: CookingLight@customersvc.com

*Note: There are several other free e-mail newsletters from Cooking Light and its sister sites at <http://ebm.cheetahmail.com/r/regf2?a=0&aid=1078532528&n=1>

EatingWell Magazine

Web site: <http://www.eatingwell.com>

Description: Features healthy recipes, each with nutritional content, preparation time, and difficulty ratings (easy, moderate, or challenging – most being easy or moderate). Includes articles on food preparation, ingredients, and health and nutrition topics. Subscribe online or via mail; may also sign up online for free e-mail newsletters.

Ordering Information:

EatingWell, Inc.

823A Ferry Rd

P.O. Box 1010

Charlotte, VT 05445

Phone: 802-425-5700

E-mail form: <https://www.kable.com/pub/etgw/cs.asp>

Today's Diet & Nutrition

Web site: <http://www.tdn-digital.com/digital.shtml>

Description: Offers articles for consumers on health, nutrition, fitness, lifestyle, diet & weight, and provides cuisine advice and cooking tips. This digital, interactive (online only) monthly magazine requires a paid subscription, but the Web site offers a free e-newsletter.



d. Web sites

2005 Dietary Guidelines for Americans

U.S. Department of Agriculture and U.S. Department of Health and Human Services

Web site: <http://www.health.gov/dietaryguidelines/>

Printable PDF:

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/dga2005.pdf>

Finding Your Way to a Healthier You (consumer brochure):

<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

Description: The *Dietary Guidelines* are the government's science-based advice for a healthy lifestyle. The *Guidelines* discuss food intake related to physical activity and healthy weight goals. The Web site also includes information on food safety, wellness promotion and diet and disease.

American Dietetic Association (ADA)

Web site: <http://www.eatright.org>

Description: A professional organization for Registered Dietitians (RDs) and nutrition professionals, this site provides consumers with free updated information on food and nutrition. Visitors can “Shop ADA” to purchase nutrition education materials, and can “Find a Registered Dietitian” in their community by clicking the button near the top of the page.

American Institute for Cancer Research (AICR)

Web site: <http://www.aicr.org>

Description: Provides information on healthy eating, including recipes, with special emphasis on cancer prevention. While the site has materials for both professionals and consumers, the Publications section is especially rich in information geared to consumers.

Center for Science in the Public Interest (CSPI)

Web site: <http://www.cspinet.org>

Description: Includes a variety of features on nutrition and food safety including quizzes, a kids' section, and research articles. Provides a forum for governmental nutrition policy reporting and discussion.

Consumer Corner

U.S. Department of Agriculture (USDA), National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/consumer>

Description: Provides access to a variety of food and nutrition resources that are mostly full-text and specifically geared to answer the questions consumers most often ask. Resources are organized into the major categories of “All About Food” (including cooking, recipes, and food storage guidelines), “Eating for Health,” “Ages & Stages,” and “DIY – Do It Yourself.” The section entitled “Can't Find What You Want?” guides users to additional sources of information.



Cooperative Extension System Offices

USDA, National Institute of Food and Agriculture

Web site: <http://www.csrees.usda.gov/Extension/>

Description: Clickable map helps users locate their state or local Cooperative Extension office. Cooperative Extension experts can provide useful health and nutrition resources, such as educational materials or preventative health information, and can direct consumers to nutrition and food assistance programs.

eXtension: Families, Food and Fitness

Web site: http://www.extension.org/families_food_fitness

Description: Provides resources for families related to food and nutrition, including interactive tools, instructional videos, recipes, and expert answers. Find a U.S. Extension Institution by clicking on the link to “Find a U.S. Institution” at the top of the page.

Federal Citizen Information Center

Web site: <http://www.pueblo.gsa.gov>

Description: Provides access to numerous health publications which can be ordered (for free or at low cost) or viewed online. The “Food” and “Health” sections feature a list of materials on nutrition, fitness, and food safety.

Ordering Information:

Federal Citizen Information Center

Dept. WWW

Pueblo, CO 81009

Phone: 888-8 PUEBLO (888-878-3256)

Food and Nutrition Information Center (FNIC)

USDA, National Agricultural Library

Web site: <http://fnic.nal.usda.gov>

Description: A leader in providing online professional and consumer food and nutrition information, the FNIC Web site has a large range of information for both consumers and health professionals. The Topics A-Z feature organizes an extensive amount of information alphabetically into more than 90 topics including Breastfeeding, Child Nutrition and Health, Dietary Guidelines, Dietary Supplement and Herbal Information, Ethnic and Cultural Resources, Food Security/Hunger, General Nutrition and Health Information, Heart Health, and Older Americans.

Go Ask Alice! Fitness and Nutrition Section

Columbia University Health Services

Web site: <http://www.goaskalice.columbia.edu/Cat3.html>

Description: Discusses a variety of nutrition and fitness topics based on personal questions. Responses are written in a casual form to relate basics of good health.



Healthfinder.gov

U.S. Department of Health and Human Services

Web site: <http://healthfinder.gov/>

Description: Offers an encyclopedia of health topics from A to Z. Access nutrition and fitness information in the “Quick Guide to Healthy Living” section, and find tips on eating healthfully, staying active, and getting enough calcium or folic acid, among others.

International Food Information Council (IFIC)

Web site: <http://www.foodinsight.org/>

Description: Covers a wide range of food and nutrition information from diet and health to weight management to food safety and biotechnology for professionals and consumers. Features a news room, Food Insight blog, and a video channel (FoodInsightTV) that offers videos from academic experts as well as consumer insights into food and nutrition.

Mayo Clinic “Nutrition and Healthy Eating”

Mayo Clinic

Web site: <http://www.mayoclinic.com/health/nutrition-and-healthy-eating/MY00431>

Description: Includes multiple types of nutrition and health information: interactive graphics and videos, expert answers to food and nutrition questions, an expert blog written by Registered Dietitians, and other resources.

NHLBI Publications for Patients and the Public

U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute (NHLBI)

Web site: http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm

Description: Provides access to NHLBI's publications dealing with weight control, women's health, cholesterol, and other heart health issues. This site has an extensive grouping of interactive tools for learning about nutrition and healthy eating. Some materials are available in Spanish.

Ordering Information:

NHLBI Health Information Center

Attention: Web site

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301 592 8573 TTY: 240 629 3255

Fax: 240 629 3246

E-mail: nhlbiinfo@nhlbi.nih.gov



Nutrition.gov

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://www.nutrition.gov>

Description: Provides easy access to the best food and nutrition information from across the federal government. Users can find practical information on healthy eating, dietary supplements, fitness, and shopping and meal planning tips, or can sign up to receive the latest food and nutrition news via e-mail with the RSS News Feed featured on the homepage. Features an “En Español” section created especially for Spanish-speaking consumers at <http://www.nutrition.gov/espanol>

Vegetarian Resource Group

Web site: <http://www.vrg.org>

Description: Collection of resources for a vegetarian diet to include meal ideas, recipes, children and teen nutrition, and meat substitutions items. Some materials are available in Spanish. Offers a free e-mail newsletter.

II. Healthy Cooking Resources

a. Cookbooks

American Dietetic Association Cooking Healthy Across America

American Dietetic Association, Food and Culinary Professionals Dietetic Practice Group; Kristine Napier, MPH, RD, Ed.

Hoboken, NJ: John Wiley & Sons, Inc., 2005, 648 pp.

NAL Call Number: TX715.C78355 2005

ISBN: 0471686824

Description: Drawing on the unique flavors, history and culinary traditions from all corners of the U.S., this cookbook offers over 350 region-specific recipes that are nutritious and easy to prepare. Written by a panel of experienced Registered Dietitians and distinguished culinary professionals, each recipe provides easy-to-follow instructions and helpful cooking tips. Nutrition facts per serving are included.

American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love

American Heart Association

New York, NY: Crown Publishing Group, 2009, 256 pp.

ISBN: 0307450597

Description: Offers 150 heart healthy recipes ranging from snacks and appetizers to “Cook Once, Eat Twice” meals and more. Each recipe contains nutrition facts and proper portion sizes per serving. The book also provides nutrition, cooking, and meal tips, and encourages family dining while also involving children in the cooking process.



Cooking Light Complete Cookbook: A Fresh New Way to Cook

Editors of Cooking Light Magazine

Birmingham, AL: Oxmoor House, 2008, 632 pp.

NAL Call Number: RM237.7.C6573 2008

ISBN: 0848731972

Description: Presents 1,200 nutritious and tasty recipes in a ring-bound format that includes tabbed dividers and a bonus interactive DVD. Cookbook also boasts kitchen shortcuts, menus for everyday and holiday entertaining, and an “In Season” chapter that features seasonal foods and recipes. Nutrition facts per serving are included.

The New Mayo Clinic Cookbook: Eating Well for Better Health

Cheryl Forberg, RD, Maureen Callahan, RD, Jennifer Nelson, RD, and Donald Hensrud, MD

Menlo Park, CA: Oxmoor House, 2010, 304 pp.

ISBN: 1740899725

Description: Encourages healthy eating habits using recipes that adhere to the Mayo Clinic Healthy Weight Pyramid. Offers sample menus based on the recipes, and provides per serving nutrition facts along with the Mayo Clinic pyramid servings.

So Easy: Luscious, Healthy Recipes for Every Meal of the Week

Ellie Kreiger, RD

Hoboken, NJ: John Wiley & Sons, Inc., 2009, 272 pp.

ISBN: 0470423544

Description: Over 150 quick and healthy recipes ranging from breakfast at the ready, to lunch on-the-go, and even dinner rush-hour recipes for those who are in a hurry. Nutrition facts are provided for each recipe as part of a suggested meal, and also at the end of the book in the “recipe nutritional data index.”

b. Recipes on the Web

The AICR Test Kitchen

American Institute for Cancer Research

Web site:

http://www.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Description: Click on links to recipes as well as meal courses including appetizers, soups, salads, and desserts. Each category has dozens of healthy menu options, each with nutrition facts included.

Consumer Corner: Recipes and Cooking Tips

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/consumer/recipes>

Description: Links to recipes and cooking tips from a wide variety of online sources, including some that are included here. This page also includes sections on cooking with kids and ingredient substitutions.



Delicious Decisions

American Heart Association

Web site: <http://www.deliciousdecisions.org>

Description: Features heart-healthy recipes, including their nutritional content, in an online searchable database. Multiple search features allow users to browse recipes by category, or find recipes by main ingredient, cooking method, cuisine, or a combination of approaches.

Keep the Beat: Deliciously Healthy Eating

U.S. Department of Health and Human Services, National Institutes of Health, National Heart Lung and Blood Institute (NHLBI)

Web site: <http://hp2010.nhlbihin.net/healthyeating/>

Description: Provides heart healthy recipes created for NHLBI by a chef and Registered Dietitian that can be accessed by ingredient or category search, or by links on the homepage. Site includes a Food Preparation Glossary, safe cooking rules, healthy eating video clips, and more. The *Keep the Beat Recipes: Deliciously Healthy Dinners* cookbook can be ordered from NHLBI.

Ordering Information:

NHLBI Health Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301-592-8573 TTY: 240-629-3255

Fax: 301-592-8563

Fruits & Veggies – More Matters

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Web site: <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

Description: Offers searchable recipes with fruits and vegetables as the main ingredient for every course including beverages and desserts. Nutrition facts per serving are included.

Mayo Clinic Healthy Recipes Center

Mayo Clinic

Web site: <http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex>

Description: Features recipes organized by preparation method, ingredients, number of servings, and special nutrition modifications (such as low-sodium). All recipes include a "Dietitian's Tip" on preparation techniques and food safety. Nutrition facts per serving are included.



Meals Matter

Dairy Council of California

Web Site: <http://www.mealsmatter.org>

Spanish: <http://www.mealsmatter.org/En-Espanol>

Description: Offers recipes and meal planning tools from shopping lists to cookbooks. Also found on this Web site are various interactive tools, educational materials, and a blog at <http://www.mealsmatter.org/Blog>

Nutrition.gov Cooking Methods and Recipes

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://www.nutrition.gov/recipes>

Description: Links to cooking and recipe resources from various federal government agencies. Also links to FNIC's Vegetarian Recipes and Meal Planning page.

SNAP-Ed Connection Recipe Finder Database

USDA, National Agricultural Library, SNAP-Ed Connection

Web site: <http://recipefinder.nal.usda.gov>

Description: A searchable database of recipes submitted by Supplemental Nutrition Assistance Program (SNAP) nutrition educators. Each recipe provides cost per recipe, cost per serving, nutrition facts, a printable shopping list, and an option to print a 3"x5" recipe card. The search page also offers links to food demo and food safety tips, MyPyramid.gov, and tips for involving kids in the kitchen. Recipes are also translated into Spanish.

USA.gov American Recipes

USA.gov for Citizens

Web site: <http://www.firstgov.gov/Citizen/Topics/Health/Recipes.shtml>

Description: Lists links to different types of recipe pages with topics to include kids' recipes, cooking for a crowd, and special recipe collections and publications. This unique government site also lists recipes "From Famous Americans" for some historical American cooking ideas.

*Note: Most of the above materials contain some vegetarian recipes; for additional resources on vegetarian cooking and nutrition, see FNIC's Vegetarian Nutrition Resource List at <http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.pdf>



III. Online Tools You Can Use

a. Food and Meal Planning

American Heart Association Tips for Eating Out

American Heart Association

Web site: <http://www.americanheart.org/presenter.jhtml?identifier=531>

Description: Offers tips for choosing heart healthy menu items when eating out organized by various cuisines ranging from Cajun to Vietnamese. Also has options for choosing a healthy breakfast, vegetarian items, family restaurants, and even fast food.

Calcium Quiz - What's your Calcium Intake?

Dairy Council of California

Web site: <http://www.dairycouncilofca.org/Tools/CalciumQuiz/>

Description: This interactive website allows you to enter your food choices for the day to determine how much calcium you are getting in your diet. Calcium-rich foods are listed and recommended based on your calculated intake.

Consumer Corner: Shopping and Meal Planning Tips

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/consumer/shopping>

Description: Links to a variety of resources for that can help with shopping and meal planning, including tips to stretch the food budget, and searchable tools for finding “What’s Fresh Near You.”

Farmers Market Search

USDA, Agricultural Marketing Service

Web site: <http://apps.ams.usda.gov/FarmersMarkets/>

Description: Search for a Farmers Market in your state based on specific criteria such as city, county, or zip code.

Fruits & Veggies – More Matters Interactive Tools

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Web site: <http://www.fruitsandveggiesmatter.gov/activities/index.html>

Description: Includes “Analyze My Plate,” which allows the user to drag food items onto a plate to get a nutritional analysis of the selections, and “Recipe Remix,” which provides helpful tips for reducing fat, calories and sodium in recipes.

Healthy Dining Finder

Web site: <http://www.healthydiningfinder.com>

Description: Online search tool helps users find healthier menu selections and corresponding nutrition information at restaurants ranging from fast food to fine dining.



HELP: Healthy Eating Life Plan and Healthy Body Calculator

Joanne Larsen, MS, RD, LD / Ask the Dietitian

Web site (HELP): <http://www.dietitian.com/calchelp.php>

Web site (Healthy Body Calculator): <http://www.dietitian.com/calcbody.php>

Description: Free online program that helps users create a daily meal plan based on self-determined calorie goals and eating preferences. For a custom calorie goal, users should try the Healthy Body Calculator to establish calorie needs based on whether the goal is to lose, maintain, or gain weight.

MyPyramid.gov

USDA, Center for Nutrition Policy and Promotion

Web site: <http://www.mypyramid.gov>

Spanish: <http://www.mypyramid.gov/sp-index.html>

Description: Replaces the old Food Guide Pyramid; MyPyramid incorporates recommendations from the *Dietary Guidelines for Americans, 2005*, and offers personalized eating plans, interactive tools to help users plan food choices, and advice on how to balance food and physical activity. The following resources are also included:

- **MyPyramid Plan:** <http://www.mypyramid.gov/mypyramid/index.aspx>
Receive a customized food guide based on age, sex, weight, height and physical activity.
- **MyPyramid Menu Planner:**
<http://www.mypyramidtracker.gov/planner/launchPage.aspx>
An interactive Web tool where users can plan food choices and menu items to meet MyPyramid goals.
- **MyPyramid Tracker:** <http://www.mypyramidtracker.gov/>
An online dietary and physical activity assessment tool.
- **MyFood-a-Pedia:** <http://www.myfoodapedia.gov/>
Provides quick access to calorie amounts and MyPyramid food groups for a food; allows comparison between two foods.

Nutrition.gov: Shopping, Cooking & Meal Planning

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://www.nutrition.gov/mealplanning>

Description: Features topics such as “Food Shopping and Meal Planning,” “Food Labels,” “Food Storage and Preservation,” among others with links that help make meal planning easier. Particularly, see the spotlight article on how to “Build a Healthy Diet with Smart Shopping”: <http://www.nutrition.gov/shopping>

Personal Nutrition Planner From Meals Matter

Dairy Council of California

Web site: <http://www.mealsmatter.org/EatingForHealth/Tools/PNP/>

Description: Helps adults determine recommended amounts of foods from each food group (based on USDA's MyPyramid tool) and provides recommendations based on a person's disease risk and other factors. Requires free registration.



USDA National Nutrient Database for Standard Reference

USDA, Agricultural Research Service, Nutrient Data Laboratory

Web site: <http://www.nal.usda.gov/fnic/foodcomp/search/>

Description: Online searchable database that provides nutrient content, including calories, water, protein, carbohydrate, fat, and vitamin and minerals, for over 7,500 foods.

b. Search Engines for Nutrition and Health Information

Food and Nutrition Information Center Custom Search

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/contact>

Description: Custom search tool that allows for a detailed search of the FNIC website, USDA National Nutrient Database, as well as other relevant and credible nutrition and health information sources that have been pre-selected by FNIC staff.

Healthfinder.gov

U.S. Department of Health and Human Services

Web site: <http://www.healthfinder.gov>

Spanish: <http://www.healthfinder.gov/espanol>

Description: Allows users to search for health information from government agencies and other reputable sources. Alternatively, users can select a topic in “Health A to Z” or find a doctor, health center or organization, or public library. Available in Spanish.

MedlinePlus

U.S. Department of Health and Human Services, National Institutes of Health, National Library of Medicine

Web Site: <http://medlineplus.gov>

Spanish: <http://medlineplus.gov/spanish>

Description: Allows user to search for health information or browse by topic. Features include medical dictionaries and directories. Available in Spanish.

c. Guides to Choosing Reliable Health Information on the Web

Consumer Corner: Online Health Information

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/consumer/onlineinfo>

Description: Links to guides, tutorials, and tips for evaluating nutrition and health information on the internet.



Fraud and Nutrition Misinformation

USDA, National Agricultural Library, Food and Nutrition Information Center

Web site: <http://fnic.nal.usda.gov/misinformation>

Description: Links to resources and information, including online tutorials, for spotting suspicious health claims, and identifying nutrition myths and misinformation. Includes resources specific to weight loss diets and products.

How to Evaluate Health Information on the Internet

U.S. Department of Health and Human Services, Food and Drug Administration

Web site:

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/BuyingMedicinesOvertheInternet/ucm202863.htm>

Description: Discusses ways to spot online health quackery and guidelines for judging the reliability of a Web site. Also has Web links to a number of reputable related resources.

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.



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