



## **Food, Nutrition, and Health-Related Websites**

*Members of the Ohio Nutrition Council have found these websites to be reliable and useful. This list is by no means complete. It is offered as a starting point in your quest for scientifically sound information related to food, nutrition and health. (Revised March 2009)*

### **American Council on Science and Health <http://www.acsh.org>**

The American Council on Science and Health, Inc. is an independent non-profit consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health. The website offers articles and reports and links to other resources.

### **American Diabetes Association <http://www.diabetes.org>**

The American Diabetes Association is a non-profit organization providing diabetes research, information and advocacy. The website provides information about diabetes and access to magazines and journals concerning diabetes.

### **American Dietetic Association <http://www.eatright.org>**

The American Dietetic Association is the world's largest organization of food and nutrition professionals. The site provides food and nutrition related information as well as links to other food, nutrition, and health resources.

### **American Heart Association <http://www.americanheart.org>**

The American Heart Association is a non-profit organization that provides education information and programs on preventing and fighting heart disease and stroke.

### **American Institute for Cancer Research <http://www.aicr.org>**

This site funds research on diet and cancer prevention and educates the public about the results.

### **Ask the Dietitian <http://www.dietitian.com>**

Ask the dietitian is a website where you can find information on many aspects of nutrition and at the same time there is a chat room where you can ask questions.

### **Breakfast Research Institute <http://www.breakfastresearchinstitute.org>**

This website offers research reviews and useful tools to help you educate your clients on the importance of daily breakfast. The BRI website will give you access to comprehensive, timely and balanced information on breakfast science research.

### **Center for Science in the Public Interest <http://www.cspinet.org>**

This site primarily features CSPI's newsletter, Nutrition Action. It also has press releases and calls to action. While the information is accurate, there is a tendency toward melodrama as in "10 foods you should never eat".

### **Dole Nutrition Institute <http://www.dolenutrition.com>**

This website has information for the public and nutrition professionals.

**Eatright Montana <http://www.eatrightmontana.org/>**

This website links to the *Healthy Families Media Campaign*, a monthly packet that includes a press release and nutrition and physical activity handouts that provide up-to-date, simple, and positive messages to help individuals live healthy lifestyles.

**Food and Drug Administration <http://www.fda.gov>**

The FDA is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. This website provides up-to-date information on products regulated by the FDA, enforcement activities, hot topics, and information for consumers and health professionals.

**Health Castle <http://www.healthcastle.com>**

This site has general nutrition information written by RDs. Has information on diets for specific health problems, health nutrition, women's nutrition, weight and diet, and super foods.

**Healthfinder <http://www.healthfinder.gov>**

The U.S. Department of Health and Human Services Healthfinder has resources on a wide range of health topics selected from over 1600 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

**Institute of Food Technologists <http://www.ift.org>**

The Institute of Food Technologists is a non-profit scientific society with members working in food science, food technology, and related professions in industry, academia, and government. The website provides news, articles, teacher resources, and other information of interest to food scientists, food technologists, and personnel in related fields.

**International Food Information Council <http://www.ific.org>**

The International Food Information Council's purpose is to bridge the gap between science and communications by collecting and disseminating scientific information on food safety, nutrition and health, and by working with scientific experts to help translate research into understandable and useful information. The website provides links to other food and nutrition resources.

**Kids Health <http://www.kidshealth.org>**

This site contains doctor approved information about children. It has separate areas for parents, kids and teens and addresses health, nutrition and growing up.

**Mom-RD <http://www.mom-rd.com>**

Mom-RD is a program developed by Wendy's in conjunction with the American Dietetic Association to provide moms with useful information that empowers them to make smarter choices when it comes to feeding their families. Mom-RD connects moms with registered dietitians.

**MyPyramid <http://www.mypyramid.gov>**

This site is designed to teach the general public about how to customize and use the new food guide pyramid in their search for a healthier lifestyle.

**National Agricultural Library, Food and Nutrition Information Center,  
U.S. Department of Agriculture <http://www.nal.usda.gov/fnic>**

Food and Nutrition Information Center is one of several information centers in the National Agricultural Library, part of the U.S. Department of Agriculture. Website provides access to all FNIC's resource lists and databases. Links to other food and nutrition related sites.

**National Dairy Council <http://www.nationaldairycouncil.org>**

The National Dairy Council, founded in 1915, is an educational organization supported by the dairy industry. Website provides nutrition information, Health Professional Resources, Press and Media Center, Tools for Schools, Recipes, and Health Tips.

**National Institutes of Health, U.S. Department of Health and Human Services <http://www.nih.gov>**

The National Institutes of Health (NIH) is the primary federal agency for conducting and supporting medical research. Composed of 27 Institutes and Centers, the NIH leads the way toward the important medical discoveries that improve people's health and saves lives. Provides links to health information, health newsletters, health databases, health hotlines, and federal health agencies.

**National Library of Medicine, National Institutes of Health <http://www.nlm.nih.gov>**

National Library of Medicine serves as the chief medical information source and the world's largest medical library. It provides medical library services and on-line bibliographic searching capabilities, such as MEDLINE and TOXLINE. Provides links to other resources.

**NetWellness <http://www.netwellness.org>**

NetWellness is a non-profit consumer website that provides information that has been evaluated by medical and health professional faculties at the University of Cincinnati, Case Western Reserve University, and The Ohio State University.

**NutritionData: Know What You Eat <http://nutritiondata.com>**

This website targets persons following a weight loss diet as it allows them to enter foods or meals and will analyze nutrition information or compare it to other foods. It has a section that will find foods containing specific nutrients or specific carbohydrate, fat and protein ratios. The site will calculate a person's caloric food needs and can be used as a food diary.

**Nutrition.gov <http://www.nutrition.gov>**

This site provides easy, online access to government information on food and human nutrition for consumers. It links to all of the other government food and nutrition sites, such as the USDA.

**Ohio Dietetic Association <http://www.eatrightohio.org>**

The Ohio Dietetic Association is the state affiliate of the American Dietetic Association. The website provides links to Food, Nutrition, and Health Resources.

**Ohioline (The Ohio State University, College of Food, Agricultural, and Environmental Sciences)  
<http://ohioline.osu.edu>**

Ohioline is principally produced by The Ohio State University Extension with links to the College of Food, Agricultural, and Environmental Sciences, the Ohio Agricultural Research and Development Center, and the Agricultural Technical Institute. Programs are also supported by the colleges of Human Ecology, Veterinary Medicine, and Biological Sciences.

**SmallStep.gov <http://www.smallstep.gov>**

This site helps individuals learn ways to make small lifestyle changes that can lead to big results.

**Spark People <http://www.sparkpeople.com>**

An online preventative health company. This is an interactive site for adults who desire to get healthy. Areas included are nutrition, health, fitness, goal-setting and motivation.

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*The Ohio Nutrition Council is a network of individuals representing many diverse organizations, institutions, agencies, businesses, universities, and colleges all concerned about the nutritional well-being of Ohio citizens.*

*Nutrition Education Committee (Revised March 2009)*