



Web Resources for Nutrition Education

There is a wealth of nutrition education resources at your fingertips on the world wide web. The U.S government, colleges and universities, cooperative extension offices,

corporations and many other organizations/entities are publishing nutrition information to their web sites. As long as you are using the material for non-profit, educational purposes, you can download materials from many of the sites that can be copied and distributed to your clients free of charge.

Indexing all of the vast resources available on-line would be an impossible task. The internet is dynamic and, seemingly, endless. We have gathered information on a number of websites that make it easy for you to educate yourself and clients on healthy meals, healthy snacks and nutrition in general.

Nutrition Websites

www.nutrition.gov

This comprehensive website is "Your Guide to Nutrition and Health Information on Federal Government Web Sites." It offers information and links to additional sites in many topics, such as dietary supplements, food labels, food guide pyramid, food safety, life cycle issues, health management and more. From this site, you can download the Food Guide Pyramid Brochure (.pdf) and Using the Food Guide Pyramid: A Resource for Nutrition Educators (.pdf).

www.foodandhealth.com

This website features free fact sheets on nutrition, such as 4 Essentials for a Healthy Shopping Cart, Guide to Healthy Snacks, B Vitamins and Heart Disease Prevention, 11 Top Strategies to Lower LDL and more. In addition, this site offers free nutrition clip art.

www.aboutproduce.com

This site is sponsored by the Produce Marketing Association, a not-for-profit trade organization, and the Produce for Better Health Foundation. The site features numerous recipes, comprehensive nutrition information on various produce from almonds to yuccas. In addition, the site offers an "Ask the Expert" feature that allows consumers like yourself to interact with experts.

www.dole5aday.com

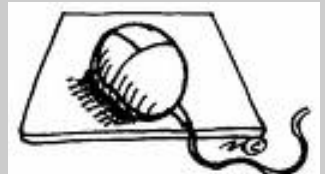
This award-winning site appeals to kids, parents and teachers alike. It offers a "Reference Center" that is full of information on the history, growing season and nutrient content of different fruits and vegetables. In addition, teachers can download lesson plans that target 3rd and 4th grade children, and children can visit the kids' section and play games, solve puzzles and find recipes.

www.mayoclinic.com

This site features articles on current issues in nutrition as well as "The Virtual Cookbook" housing loads of lower-fat versions of some of our favorite foods. This site also includes a "Take Charge of Your Health" section that offers pertinent information for those seeking to lose weight. You will have to register to use the site, but the interactive tools awaiting you are well worth the time it takes to complete the free registration.

Adobe Acrobat

To download materials from many websites, you need to have Adobe Acrobat. Fortunately, this software is available for free download from www.adobe.com. Adobe Acrobat allows you to read portable document files (.pdf).



www.dairyspot.com

Produced by the Mid-Atlantic Dairy Association, this site explores all things dairy. From calcium and bones to heart disease to the growing problem of obesity, this site explores dairy's role in nutrition and health. The site offers various fact sheets in .pdf format.

www.nutritionexplorations.org

This all-inclusive site features complete lesson plans for a variety of ages. All of the materials for each lesson are on the site. Kids can interact with the site by playing games and completing activity sheets.

www.nncc.org

This all-inclusive site features complete lesson plans for a variety of ages. All of the materials for each lesson are on the site. Kids can interact with the site by playing games and completing activity sheets.

www.pueblo.gsa.gov

The Consumer Information Center's website offers a wealth of information on a variety of topics. Both the Health and Food sections contain handouts, brochures, fact sheets and reprints that were published and reviewed by government agencies. The materials on this site are available free or at a small charge. Visit the site for information on fiber, food preservatives, diet for lowering blood pressure, etc. This extremely user-friendly and comprehensive site also offers information on budgeting.

Federal Food Programs in South Carolina— www.healthyhelpings.org



The South Carolina Department of Social Services Family Nutrition Programs offers a comprehensive website at www.healthyhelpings.org. This site features detailed information on the federal

food programs. In addition, the site also offers forms and applications to make participation in the food programs easier than ever.

Web Resources for Emergency Food Providers

cfs.purdue.edu/safefood/sfhungry.html

This is an extremely useful site for people working in emergency food settings such as food pantries and soup kitchens. This site offers activities to help staff become more sensitive to meeting cultural and dietary needs of certain clients such as Native American, Latino or African-American. It also explores the special needs of pregnant women and those with chronic health conditions.

In addition, this excellent site offers resources for emergency food workers. For example, it has a checklist to help pantry workers evaluate the usability of donated food items. It also features "Nutrition Resources" - a primer of basic nutrition information that staff preparing emergency food boxes should be aware of.

Health Resources in Spanish on the Web

La Diabetes—Recetas

(Diabetes—Recipe Card)

www.pueblo.gsa.gov

The National Women's Health Information Center

Office on Women's Health, U.S.

Department of Health & Human Services

www.4women.gov

American Heart Association

Bilingual and Spanish Patient

Education Publications

www.americanheart.org

American Diabetes Association

La Diabetes y Los Latinos

www.diabetes.org

Multicultural Health Handouts

<http://multiculturalhealth.org>