MHS 1600 Nutrition and Health Websites

Thought you all might benefit from having a consolidated list of some of the websites and resources we visited and explored this semester.

Food and Nutrition Organizations and Resources

Academy of Nutrition and Dietetics <https://www.eatright.org/>

International Food and Information Council (IFIC) <https://foodinsight.org/> (Food and Health Survey <https://foodinsight.org/2020-food-and-health-survey/> )

Harvard Public Health publications <https://www.hsph.harvard.edu>

Vegetarian Resource Group <http://www.vrg.org/>

Center for Science in the Public Interest (CSPI) <https://www.cspinet.org/>

Health and Disease Organizations

American Heart Association <https://www.heart.org>

American Diabetes Association <https://diabetes.org/>

American Cancer Society <https://www.cancer.org>

American Institute for Cancer Research <https://www.aicr.org/>

National Eating Disorders Association <https://www.nationaleatingdisorders.org/>

Food Allergy Research and Education organization <https://www.foodallergy.org/>

Center for Food Safety <http://centerforfoodsafety.org/>

Health Professional Associations and Organizations

Academy of Nutrition and Dietetics <https://www.eatright.org/>

American College of Sports Medicine <https://www.acsm.org/>

American College of Cardiology <https://www.acc.org/>

Government/national nutrition related websites and resources

U.S. Food and Drug Administration <https://www.fda.gov/>

<https://www.fda.gov/food/new-nutrition-facts-label/>

Center for Disease Control (CDC) <https://www.cdc.gov>

Water Fluoridation <https://nccd.cdc.gov/DOH_MWF/Default/SearchByWaterSystem.aspx>

COVID-19 and Obesity <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>

Department of Health and Human Services <https://www.hhs.gov/>

Department of Agriculture <https://www.usda.gov/>

USDA National Agricultural Library <https://www.nal.usda.gov/fnic/calculators-and-counters>

Dietary Guidelines for Americans <https://health.gov/dietaryguidelines/>

USDA ChooseMyPlate.gov <http://www.choosemyplate.gov/dietary-guidelines> <https://cnpp.usda.gov/MyPlate>

Foodsafety.gov <https://www.foodsafety.gov/>

Dietary Reference Intakes (DRI) <https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx>

DRI calculator <https://fnic.nal.usda.gov/fnic/dri-calculator/>

Nutrition.gov <https://www.nutrition.gov/>

National Institutes of Health <https://www.nih.gov/>

NIH fact sheets on vitamins and minerals

<https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

U.S. National Library of Medicine Medline Plus [https://medlineplus.gov/](https://medlineplus.gov/dietaryfiber.html)

National Institute of Diabetes and Digestive and Kidney Diseases <https://www.niddk.nih.gov>

Rethinking Drinking: Alcohol and Your Health <https://www.rethinkingdrinking.niaaa.nih.gov/>

Global health organizations

World Health Organization (WHO) <https://www.who.int/>

UNICEF <https://www.unicef.org/>

Nutrition and Food Security <https://www.unicefusa.org/mission/survival/nutrition>

Food and Agriculture Organization of the United Nations (FAO) <http://www.fao.org>

Global food-based dietary guidelines

<http://www.fao.org/nutrition/education/food-dietary-guidelines/en/>

Food Security Index <https://impact.economist.com/sustainability/project/food-security-index/>

Dietary Supplements

National Institutes of Health Office of Dietary Supplements <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Dietary Supplements in the Time of COVID <https://ods.od.nih.gov/factsheets/COVID19-HealthProfessional/>

Dietary Supplement Label Database <https://dsld.od.nih.gov/>

National Institutes of Health:

[http://dietary-supplements.info.nih.gov](http://dietary-supplements.info.nih.gov/)

<http://ods.od.nih.gov/index.aspx> (Office of Dietary Supplements)

[www.nccam.nih.gov](http://www.nccam.nih.gov/) (Nat’l Center for Complementary & Alternative Medicine)

FDA Dietary Supplements <https://www.fda.gov/food/dietary-supplements>

GRAS substances: <http://www.accessdata.fda.gov/scripts/fcn/fcnNavigation.cfm?rpt=scogsListing>

Food Safety Modernization Act <http://www.fda.gov/Food/Dietarysupplements/default.htm>

Nutrition and Aging

MyPlate for older adults

<https://hnrca.tufts.edu/myplate/>

<https://www.choosemyplate.gov/older-adults>

National Institute on Aging

<https://www.nia.nih.gov/health/healthy-eating>

<https://go4life.nia.nih.gov/stay-on-track/>

World Health Organization (WHO)

<https://www.who.int/nutrition/topics/ageing/en/>

National Institute on Aging: Dietary Supplements

<https://www.nia.nih.gov/health/dietary-supplements>

Global Council on Brain Health/AARP Recommendations on Vitamins, Minerals, and Other Dietary Supplements <https://www.aarp.org/content/dam/aarp/health/brain_health/2019/06/gcbh-supplements-report-english.doi.10.26419-2Fpia.00094.001.pdf>

Scientific/medical journal and literature

PubMed <https://pubmed.ncbi.nlm.nih.gov/>

Nutrition Newsletters:

Nutrition Action Healthletter – Center for Science in Public Interest <https://cspinet.org/nutrition-action-healthletter>

Environmental Nutrition <https://universityhealthnews.com/subscription-offers/environmental-nutrition/>

Harvard School of Public Health <https://www.hsph.harvard.edu/nutritionsource/>

Tufts University Nutrition and Health Letter <https://www.nutritionletter.tufts.edu/>

Sources for nutrition and health related news:

Nutrition and Dietetics Smart Brief <https://www2.smartbrief.com/signupSystem/subscribe.action?pageSequence=1&briefName=eatrightpro&campaign=in_brief_signup_link&utm_source=brief>

Medical News Today Diet/Nutrition <https://www.medicalnewstoday.com/categories/nutrition-diet>

Science Daily <https://www.sciencedaily.com/news/top/health/>

EurekAlert! Medical and Health News <https://www.eurekalert.org/bysubject/medicine.php>