

# Information Resources- for Teachers, Parents and Students

Assembled by Mary Saucier Choate, M.S., R.D., L.D., Food and Nutrition Educator, The Co-op Food Stores, Hanover and Lebanon, NH

## General Nutrition

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) and [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) The Five A Day campaign has morphed into "Fruits and Veggies- More Matters" - bigger and better ideas for adding those important fruits and veggies into your family's meals and snacks. Sponsored by the Produce for Better Health Foundation in partnership with the Centers for Disease Control and Prevention.

[www.mypyramid.gov](http://www.mypyramid.gov) The New USDA MyPyramid web site. Check out the MyPyramid Blast off game for kids six to eleven years old!

[www.kidnetic.com](http://www.kidnetic.com) All the way to the left edge of the screen, click on Bright papers, which are info sheets for kids on all sorts of health and nutrition topics

<http://www.niddk.nih.gov/health/nutrit/pubs/winteen/index.htm> From the NIH, A Teenager's Guide to Better Health

<http://www.girlpower.gov/> from US DHHS

[http://www.dole5aday.com/Kids/K\\_Index.jsp](http://www.dole5aday.com/Kids/K_Index.jsp) From Dole's 5 A Day site- lots of games, music and fun here!

## Health Organizations and Websites

healthfinder® <http://www.healthfinder.gov/>

The American Heart Association: [www.americanheart.org](http://www.americanheart.org)

The American Institute for Cancer Research: [www.aicr.org](http://www.aicr.org)

The American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

The American Dietetic Association [www.eatright.org](http://www.eatright.org)

## Dietary Supplements

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (NIH) within the U.S. Department of Health and Human Services.

<http://nccam.nih.gov/health/herbsataglance.htm> "Herbs at a Glance" is a series of fact sheets that provides basic information about specific herbs or botanicals--common names, uses, potential side effects, and resources for more information.

Dietary Supplement Fact Sheets from the Office of Dietary Supplements, National Institutes of Health

[http://ods.od.nih.gov/Health Information/Information About Individual Dietary Supplements.aspx](http://ods.od.nih.gov/Health%20Information/Information%20About%20Individual%20Dietary%20Supplements.aspx)

## Evaluating Nutrition And Health Information

To double-check outrageous website or email claims, try looking them up at this urban legends and folklore "de-bunking" site:

<http://urbanlegends.about.com>

Quackwatch: <http://www.quackwatch.org/>

Health Insight, a Project of the Center for Risk Analysis, Harvard School of Public Health. Learn questions to ask about the research studies you may read or hear about [www.health-insight.harvard.edu](http://www.health-insight.harvard.edu)