

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Dietary Guidelines and Nutrition Information

This list contains online resources for dietary guidelines and general nutrition information. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE’s other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

Quick Search Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

Contents

Cultural Diversity	2
Developing Healthy Eating Habits	3
Dietary Guidelines	4
Early Childhood Nutrition	6
Feeding Infants	7
Food Labels	8
Nutrition and Aging	10
Nutrition Information	11
Nutrition Myths and Fad Diets	13
Nutrition Resources for Families	14
Nutrition Screening Tools	15



For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, susan.fiore@ct.gov.

This document is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesdg.pdf.

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Cultural Diversity

Cultural Diversity

Celebrating Diversity, Nurturing Respect (Institute of Child Nutrition, 2005):

www.nfsmi.org/documentlibraryfiles/PDF/20080610110939.pdf

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators (USDA Food and Nutrition Information Center, November 2013): www.nal.usda.gov/fnic/pubs/ethnic.pdf

Cultural Food Diversity Program: A Taste of the World (Wellness Proposals):

<http://wellnessproposals.com/wellness-library/nutrition/cultural-food-diversity-program/>

Ethnic and Cultural Resources (USDA Food and Nutrition Information Center):

<https://www.nal.usda.gov/fnic/ethnic-and-cultural-resources-0>

Healthy Latin American Recipes: www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm

Lessons for Engaging Diverse Communities to Create Healthy Schools and Kids (Action for Healthy Kids, 2009):

www.actionforhealthykids.org/storage/clubs/id2-diverse.pdf

[◀ Return to Contents ▶](#)

Developing Healthy Eating Habits

Developing Healthy Eating Habits

Bright Futures in Practice: Nutrition, Third Edition (National Center for Education in Maternal and Child Health, 2011):

www.brightfutures.org/nutrition/index.html

Emphasizes prevention and early recognition of nutrition concerns and provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence. Contains strategies and tools to help health professionals provide nutrition supervision (including screening, assessment and counseling) and promote partnerships with families and communities.

Bright Futures Nutrition Family Fact Sheets (National Center for Education in Maternal and Child Health, 2002):

www.brightfutures.org/nutritionfamfact/index.html

A series of fact sheets addressing nutrition and healthy eating for the following ages. Infancy Birth-5 Months; Infancy 6-11 Months; Early Childhood 1-2 Years; Early Childhood 3-4 Years; Middle Childhood 5-7 Years; Middle Childhood 8-10 Years; and Adolescence 11-21 Years.

Ellyn Satter Institute: www.ellynsatter.com/

Resources available for purchase from an expert in the field of children's eating and feeding.

Family Style Dining in Child Care (Institute of Child Nutrition, 2006):

www.nfsmi.org/documentlibraryfiles/PDF/20080609045003.pdf

Feeding Your Child and Teen (University of Michigan Health System, 2008):

www.med.umich.edu/yourchild/topics/feed.htm

Handouts on Nutrition and Feeding for Infants and Children (Ellyn Satter Institute):

www.ellynsatter.com/links-i-82.html#educational

Happy Mealtimes for Healthy Kids (Institute of Child Nutrition, 2011):

www.nfsmi.org/ResourceOverview.aspx?ID=83

Helping Children Be Good Eaters (Ellyn Satter Institute, 2006): www.ellynsatter.com/resources/helping.pdf

Helping Children Develop Healthy Eating Habits (Institute of Child Nutrition, 2009):

www.nfsmi.org/documentlibraryfiles/PDF/20091102085739.pdf

Introducing New Foods (Institute of Child Nutrition, 2006):

<http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080610093628.pdf>

Nutrition Education Aimed at Toddlers (Michigan State University, 2006):

<http://nursing.msu.edu/neat/neatpdf.asp>

Designed to help parents and other adult caregivers encourage toddlers to develop healthy eating habits. The curriculum promotes a healthy mealtime environment by empowering adults to become responsive to children's verbal and non-verbal behaviors and empower the child to self-regulate food intake. Includes four group lessons and eight reinforcing activities.

[◀ Return to Contents ▶](#)

Dietary Guidelines

Dietary Guidelines

10 Tips: Build a Healthy Meal (USDA): www.choosemyplate.gov/ten-tips-build-healthy-meal
English and Spanish.

10 Tips: Choose Myplate (USDA): www.choosemyplate.gov/ten-tips-choose-myplate
English and Spanish.

10 Tips: Use SuperTracker Your Way (USDA): www.choosemyplate.gov/ten-tips-supertracker
English and Spanish.

2015-2020 Dietary Guidelines: Answers to Your Questions (USDA):
www.choosemyplate.gov/2015-2020-dietary-guidelines-answers-your-questions

Center for Nutrition Policy and Promotion (USDA): www.cnpp.usda.gov/

Choose MyPlate (USDA): www.choosemyplate.gov/

Dietary Guidelines (USDA Food and Nutrition Information Center):
<http://fnic.nal.usda.gov/dietary-guidance/dietary-guidelines>

Dietary Guidelines for Americans (USDA and U.S. Department of Health and Human Services):
www.health.gov/dietaryguidelines/

Dietary Recommendations for Children and Adolescents: A Guide for Practitioners (American Heart Association, Circulation, 2005; 112: 2061-2075): <http://circ.ahajournals.org/content/112/13/2061.full>

Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association (Circulation, Volume 120, September 15, 2009): <http://circ.ahajournals.org/cgi/reprint/120/11/1011>

Dietary Reference Intakes (USDA National Agricultural Library):
www.nal.usda.gov/fnic/dietary-reference-intakes

Healthy People (U.S. Department of Health and Human Services): www.healthypeople.gov/2020/default.aspx

MyPlate Daily Checklist (USDAS) www.choosemyplate.gov/MyPlate-Daily-Checklist

MyPlate Tip Sheets (USDA): www.choosemyplate.gov/myplate-tip-sheets

Position of the Academy of Nutrition and Dietetics: Dietary Fatty Acids for Healthy Adults (Journal of the Academy of Nutrition and Dietetics, January 2014 (Volume 114, Issue 1)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/dietary-fatty-acids-for-healthy-adults

Position of the Academy of Nutrition and Dietetics: Functional Foods (Journal of the Academy of Nutrition and Dietetics, August 2013 (Volume 113, Number 8 pages 1096-1103)): www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/functional-foods

Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber (Journal of the Academy of Nutrition and Dietetics, November 2015 (Volume 115, Issue 11, Pages 1861-1870)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/health-implications-of-dietary-fiber

Position of the Academy of Nutrition and Dietetics: Nutrient Supplementation (Journal of the Academy of Nutrition and Dietetics, December 2009 (Volume 109, Issue 12, Pages 2073-2085)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/nutrient-supplementation

Position of the Academy of Nutrition and Dietetics: Nutrition Guidance for Healthy Children Ages 2 to 11 (Journal of the Academy of Nutrition and Dietetics, August 2014 (Volume 114, Number 8, Pages 1257-1276)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/nutrition-guidance-for-healthy-children-ages-2-to-11-years

Dietary Guidelines

Position of the Academy of Nutrition and Dietetics: Total Diet Approach to Healthy Eating (Journal of the Academy of Nutrition and Dietetics, February 2013 (Volume 113, Issue 2, Pages 307-317)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/total-diet-approach-to-healthy-eating

Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Nonnutritive Sweeteners (Journal of the Academy of Nutrition and Dietetics, May 2012 (Volume 112, Issue 5, Pages 739-758)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/use-of-nutritive-and-nonnutritive-sweeteners

The American Heart Association's Diet and Lifestyle Recommendations:
www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp

◀ [Return to Contents](#) ▶

Early Childhood Nutrition

Early Childhood Nutrition

American Academy of Pediatrics: www.aap.org/

Caring for Connecticut's Children: A Handbook for Parents and Caregivers of Young Children. Volume 1: Promoting Health and Safety (Child Health and Development Institute of Connecticut, Inc., 2004):
www.chdi.org/publications/resources/caring-connecticuts-children-handbooks-parents-and-caregivers-young-children/

Caring for Connecticut's Children: A Handbook for Parents and Caregivers of Young Children. Volume 2: Promoting Healthy Child Development (Child Health and Development Institute of Connecticut, Inc., 2014):
www.chdi.org/publications/resources/caring-connecticuts-children-handbooks-parents-and-caregivers-young-children/

Child Care & Early Education Research Connections: www.childcareresearch.org/childcare/welcome
A comprehensive and easily searchable collection of resources from many disciplines related to child care and early education.

Children's Nutrition Research Center (Baylor College of Medicine, Texas): www.bcm.tmc.edu/cnrc/

Feeding Young Children in Group Settings (University of Idaho): <http://www.cals.uidaho.edu/feeding/index.html>
Best practice resources to provide a nurturing feeding environment for young children. Contains a variety of educational materials, learning activities and resources for child care providers, Head Start teachers, food service workers and other professionals who prepare and provide food to young children in group settings.

Feeding Young Children in Group Settings Handouts (University of Idaho):
http://www.cals.uidaho.edu/feeding/fortrainers/handouts_theme.html

Growth Charts (Centers for Disease Control and Prevention): www.cdc.gov/growthcharts/

Health & Nutrition Publications (Virginia Extension Service):
<http://pubs.ext.vt.edu/category/health-nutrition.html>

Kids Health (The Nemours Foundation): www.kidshealth.org
Information for parents, kids, and teens on health, including food and fitness.

Making Food Healthy and Safe for Children: How to Meet the Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Second Edition (The National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill; 2012): https://www.ncemch.org/child-care-health-consultants/Part2/2-8_making_food_healthy_and_safe.pdf

Mealtime Memo for Child Care (Institute of Child Nutrition): www.nfsmi.org/ResourceOverview.aspx?ID=87
Information for child care providers participating in the Child and Adult Care Food Program, focused on good nutrition for young children.

National Center for Education in Maternal and Child Health (U.S. Department of Health and Human Services):
<http://ncemch.org/>

National Center for Education in Maternal and Child Health (NCEMCH): www.ncemch.org/

National Center on Early Childhood Health and Wellness (NCECHW):
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health>
Resources based on research-based practices to ensure the health and mental wellness of Head Start staff, children, and families.

National Institute of Child Health and Human Development: www.nichd.nih.gov/

Toddler Nutrition and Health Resource List (USDA Food and Nutrition Information Center, August 2009):
https://www.nal.usda.gov/sites/default/files/fnic_uploads//toddler.pdf

WIC Works Resource System (USDA): www.nal.usda.gov/wicworks/

[◀ Return to Contents ▶](#)

Feeding Infants

Feeding Infants

- 10 Steps to Breastfeeding Friendly Child Care Centers Resource Kit* (Wisconsin Department of Health Services, <https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf>)
- Breastfeeding and Infant Nutrition in Child Care (University of Connecticut Cooperative Extension, 2015): www.extension.org/pages/Breastfeeding_and_Infant_Nutrition_in_Child_Care
- Breastfeeding Friendly Child Care Centers (New York State Department of Health): www.health.state.ny.us/prevention/nutrition/cacfp/breastfeedingspon.htm
- Breastfeeding Promotion and Support (Centers for Disease Control and Prevention): www.cdc.gov/breastfeeding/promotion/index.htm
- Infant Feeding (USDA Healthy Meals Resource System): <http://healthymeals.nal.usda.gov/resource-library/child-and-adult-care-food-program/infant-feeding>
- Infant Nutrition (USDA Food and Nutrition Information Center): <http://fnic.nal.usda.gov/lifecycle-nutrition/infant-nutrition>
- Infant Nutrition and Health Resource List* (USDA Food and Nutrition Information Center, November 2013): https://www.nal.usda.gov/sites/default/files/fnic_uploads//infnut.pdf
- Feeding Infants: A Guide for Use in the Child Nutrition Programs* (USDA, Revised December 2001): www.fns.usda.gov/tn/Resources/feeding_infants.html
- Feeding Infants Right from the Start* (Institute of Child Nutrition, 2006): www.nfsmi.org/documentlibraryfiles/PDF/20080609044427.pdf
- Licensing Toolkit: Feeding Infants* (National Resource Center for Health and Safety in Child Care and Early Education, 2012): <http://nrckids.org/default/assets/file/products/toolkits/infant%20feeding%20toolkit.pdf>
Action sheets to support child care licensing personnel and child care providers in ensuring environments that promote healthy weight by focusing on high-impact standards of best practice related to infant feeding.
- Feeding Infants in CACFP Child Care Programs (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336516
Includes infant meal patterns, infant feeding guide, forms, operational memoranda, and resources for Connecticut CACFP child care centers and family day care homes.
- Proper Handling and Storage of Human Milk (Centers for Disease Control and Prevention): www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

[◀ Return to Contents ▶](#)

Food Labels

Food Labels

Label Claims for Conventional Foods and Dietary Supplements (FDA, December 2013):

www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm111447.htm

Figuring Out Food Labels (The Nemours Foundation): <http://kidshealth.org/en/parents/food-labels.html>

Food Labeling: Nutrient Content Claims, Definition of Sodium Levels for the Term “Healthy.” (70 FR 56828, September 29, 2005): www.gpo.gov/fdsys/granule/FR-2005-09-29/05-19511

Food Labels (Nutrition.Gov): www.nutrition.gov/shopping-cooking-meal-planning/food-labels

Food Labeling (Medline Plus): www.nlm.nih.gov/medlineplus/ency/article/002459.htm

Food Labeling Regulations, Title 21, Part 101 (FDA):

www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=101

Food Product Dating (USDA Food Safety and Inspection Service):

www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating

Food Smarts: Understanding Food Labels (PBS Kids):

<http://pbskids.org/itsmylife/body/foodsmarts/article4.html>

Search for FDA Guidance Documents (FDA): www.fda.gov/RegulatoryInformation/Guidances/

Guidance for Industry: A Food Labeling Guide (FDA, Revised January 2013):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm

Guidance for Industry: A Food Labeling Guide – Appendix A: Definitions of Nutrient Content Claims (FDA, January 2013):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm

Guidance for Industry: A Food Labeling Guide – Appendix B: Additional Requirements for Nutrient Content Claims (FDA, January 2013):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064916.htm

Guidance for Industry: A Food Labeling Guide – Appendix C: Health Claims (FDA, January 2013):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064919.htm

Guidance for Industry: A Food Labeling Guide – Appendix H: Rounding the Values According to FDA Rounding Rules (FDA, January 2013):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064932.htm

How to Understand and Use the Nutrition Facts Label (FDA, Revised November 2004):

www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm

National Organic Program (NOP) (USDA Agricultural Research Service):

www.ams.usda.gov/about-ams/programs-offices/national-organic-program

Nutrient Content Claims: Guidance for Industry, A Dietary Supplement Labeling Guide (Chapter VI) (FDA, April 2005):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/DietarySupplements/ucm2006823.htm

Nutrition Facts Label Brochure (FDA, August 2006):

www.choosemyplate.gov/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf

Nutrition Facts Label Programs and Materials (FDA):

<https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>

Food Labels

Understanding Food Nutrition Labels (American Heart Association):

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp#.WVWLCUk2zIU

Reference Amounts Customarily Consumed per Eating Occasion (RACC) (Section 101.12 of Title 21 Food and Drug

Regulations): <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITTLE=21&PART=101&SECTION=12&YEAR=1999&TYPE=PDF>

Teens Health: What Do Food Labels Really Say? (The Nemours Foundation):

http://kidshealth.org/teen/food_fitness/nutrition/food_labels.html

The Food Label and You Video (FDA, March 2011): <https://www.youtube.com/watch?v=MYIAdd2Z9Mc>

Use the Nutrition Facts Label (National Heart Lung and Blood Institute):

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/nutrition-facts.htm

Using Nutrition Facts Labels (SNAP-Ed Connection, USDA):

<https://snaped.fns.usda.gov/resource-library/handouts-and-web-sites/using-nutrition-facts-labels>

[◀ Return to Contents ▶](#)

Nutrition and Aging

Aging (USDA Food and Nutrition Information Center): <http://fnic.nal.usda.gov/lifecycle-nutrition/aging>

Healthy Aging (Academy of Nutrition and Dietetics): www.eatright.org/resources/health/wellness/healthy-aging

Healthy Aging (Centers for Disease Control and Prevention): www.cdc.gov/aging/

MyPlate for Older Adults (University of Florida, 2012): <http://edis.ifas.ufl.edu/fy1260>

Older Adults General Nutrition Resource List (USDA Food and Nutrition Information Center September 2013):
www.nal.usda.gov/fnic/pubs/olderadults.pdf

Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness (Journal of the Academy of Nutrition and Dietetics, August 2012 (Volume 112; Issue 8; Pages 1255-1277)):
www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/food-and-nutrition-for-older-adults-promoting-health-and-wellness

Jean Mayer Human USDA Human Nutrition Center on Aging at Tufts University: <http://hnrca.tufts.edu/>

National Institute on Aging: www.nia.nih.gov/

Seniors (Nutrition.Gov): www.nutrition.gov/life-stages/seniors

The National Resource Center on Nutrition and Aging (Meal on Wheels America): <http://nutritionandaging.org/>

[◀ Return to Contents ▶](#)

Nutrition Information

Nutrition Information

Action for Healthy Kids: www.actionforhealthykids.org

American Academy of Nutrition and Dietetics: www.eatright.org/Public/

American Academy of Pediatrics: www.aappublications.org/

American Cancer Society: www.cancer.org/docroot/home/index.asp

American Council on Science and Health: www.acsh.org/

American Heart Association: www.americanheart.org/

Botanical Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplements):

http://ods.od.nih.gov/Health_Information/Botanical_Supplements.aspx

Child Health and Development Institute of Connecticut, Inc.: www.chdi.org/

Promotes healthy physical, behavioral, emotional, cognitive, and social development of children throughout Connecticut.

Center for Science in the Public Interest (CSPI): www.cspinet.org

A nonprofit education and advocacy organization that focuses on improving the safety and nutritional quality of our food supply. Site includes reports, information on food, nutrition quizzes, and a section for kids.

Dairy Council of California: www.dairycouncilofca.org/

Dietary Supplements Fact Sheets (National Institutes of Health, Office of Dietary Supplements):

http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx

Federal Citizen Information Center: <http://publications.usa.gov/USAPubs.php>

Access to hundreds of educational materials on health, food and nutrition, all of which have been published and reviewed by government agencies.

Food Nutrition & Health Education (University of Nebraska Cooperative Extension):

<http://lancaster.unl.edu/food>

Food and Nutrition Information Center (National Agricultural Library, USDA): <https://www.nal.usda.gov/fnic>

A vast resource center of credible, accurate and practical resources for nutrition and health professionals, educators, government personnel and consumers.

Food Research and Action Center (FRAC): www.frac.org

Health Topics (U.S. Department of Health and Human Services): www.healthfinder.gov/

Health Topics in Spanish (U.S. Department of Health and Human Services): www.healthfinder.gov/espanol/

Institute of Food Science and Technology: www.ifst.org/

Kids Eat Right (Academy of Nutrition and Dietetics Foundation):

www.eatrightfoundation.org/foundation/kidseatright/

KidsHealth Nutrition & Fitness Center (Nemours Foundation):

http://kidshealth.org/parent/centers/fitness_nutrition_center.html#cat20738

Nutrition information and resources for parents, kids, and teens.

Mayo Clinic: www.mayoclinic.com/

Reliable information on a variety of health-related topics.

Maternal and Child Health Bureau (U.S. Department of Health and Human Services): <http://mchb.hrsa.gov/>

Many publications on a variety of health-related topics, including nutrition for children.

MedlinePlus: <http://medlineplus.gov/>

Provides access to authoritative information from the National Libraries of Medicine, the National Institutes of Health (NIH), and other government agencies and health-related organizations.

Nutrition Information

MedlinePlus Antioxidants: www.nlm.nih.gov/medlineplus/antioxidants.html

MedlinePlus Food and Nutrition: www.nlm.nih.gov/medlineplus/foodandnutrition.html

MedlinePlus Minerals: www.nlm.nih.gov/medlineplus/minerals.html

MedlinePlus Vitamins: www.nlm.nih.gov/medlineplus/vitamins.html

National Center for Complementary and Integrative Health National Institutes of Health): www.nccam.nih.gov/

National Center for Weight and Wellness: <http://centerforweightandwellness.com/>

National Heart, Lung and Blood Institute (NHLBI): www.nhlbi.nih.gov/

NHLBI is part of the National Institutes of Health and conducts research related to the causes, prevention, diagnosis and treatment of heart, blood vessel, lung and blood diseases; and sleep disorders. Many publications are available.

National Institutes of Health (NIH): www.nih.gov/

NIH is one of eight health agencies of the Public Health Service, of the U.S. Department of Health and Human Services, whose mission is research to uncover new knowledge that will lead to better health. The site accesses a large variety of publications and information.

Nutrient Factsheets (University of Florida): http://edis.ifas.ufl.edu/topic_nutrients

Nutrition and Health Info Sheets (University of California: <http://nutrition.ucdavis.edu/info/infosheets/>

Topics include Energy Drinks, General Nutrition and Health Guidelines, Calcium, Calcium & Osteoporosis, Cholesterol, Ephedra, Fiber, Fat, Iron & Anemia, Low Carbohydrate Diets, Soy, and St. John's Wort.

Nutrition in Children and Adolescents Knowledge Path (Maternal and Child Health Library):

<http://ncemch.org/knowledge/childnutr.php>

Nutrition.Gov: www.nutrition.gov/

Provides easy access to all online federal government information on nutrition. Includes resources in Spanish.

Nutritive and Nonnutritive Sweetener Resources (USDA Food and Nutrition Information Center):

<http://fnic.nal.usda.gov/food-composition/nutritive-and-nonnutritive-sweetener-resources>

PubMed (National Library of Medicine: www.ncbi.nlm.nih.gov/entrez/query.fcgi

Includes millions of citations for biomedical literature from MEDLINE, life science journals, and online books.

Science.gov: www.science.gov/index.html

Gateway to authoritative selected science information provided by U.S. Government agencies, including research results.

SNAP-Ed Connection (USDA): <http://snap.nal.usda.gov/>

Spanish Language Health Information (FDA): www.fda.gov/oc/spanish

The Nutrition Source (Harvard School of Public Health): www.hsph.harvard.edu/nutritionsource/

University of Nebraska Cooperative Extension: <http://lancaster.unl.edu/food/>

Vitamin and Mineral Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplement):

http://ods.od.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_Fact_Sheets.aspx

◀ [Return to Contents](#) ▶

Nutrition Myths and Fad Diets

Nutrition Myths and Fad Diets

Consumer Information Health & Fitness (Federal Trade Commission): <https://www.consumer.ftc.gov/health>

Evaluating Health Information (Medline Plus): www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine (Medline Plus):
www.nlm.nih.gov/medlineplus/webeval/webeval.html

Fad Diet Review Handout (Communicating Food for Health Newsletter, 2004):
www.foodandhealth.com/Sept04-5.pdf

Fad Diets: Busting the Myths (Wheat Foods Council): www.wheatfoods.org/node/857

Fraud and Nutrition Misinformation (USDA Food and Nutrition Information Center):
<http://fnic.nal.usda.gov/dietary-guidance/fraud-and-nutrition-misinformation>

Health Fraud Scams (FDA): www.fda.gov/ForConsumers/ProtectYourself/HealthFraud/default.htm

Health Information on the Web (FDA):
www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/BuyingMedicinesOvertheInternet/ucm202863.htm

Integrity in Science Database (Center for Science in the Public Interest): <http://cspinet.org/integrity/>
Database providing information on the funding sources for any person or organization, to help identify any conflicts of interest in data or studies.

Nutrition Accuracy in Popular Magazines (American Council on Science and Health, February 2007):
www.acsh.org/wp-content/uploads/2007/02/20070227_Nutrition.pdf

Nutrition and Health Info Sheet: Energy Drinks (Publication 8265) (University of California, 2007):
<http://anrcatalog.ucdavis.edu/pdf/8265.pdf>

Quackwatch: www.quackwatch.org/
A nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, and fallacies.

Some Myths about Nutrition & Physical Activity (National Institute of Diabetes and Digestive and Kidney Diseases): www.niddk.nih.gov/health-information/weight-management/myths-nutrition-physical-activity

The National Council Against Health Fraud (NCAHF): www.ncahf.org/
A private nonprofit, voluntary health agency that focuses upon health misinformation, fraud and quackery as public health problems.

Weight Control Information Network (WIN):
www.niddk.nih.gov/health-information/health-communication-programs/win/pages/default.aspx

◀ [Return to Contents](#) ▶

Nutrition Resources for Families

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Bright Futures Nutrition Family Fact Sheets (National Center for Education in Maternal and Child Health, 2002):
www.brightfutures.org/nutritionfamfact/index.html

Fact Sheets for Families (California Childcare Health Program): <http://cchp.ucsf.edu/content/fact-sheets-families>
Fact sheets in English or Spanish on a wide range of health and safety issues written in easy-to-understand language and designed to be distributed to families by child care providers.

Food for Thought: Ideas for Parents of Preschoolers (University of Illinois Extension):
<http://extension.illinois.edu/foodforthought/index.cfm>
Nutrition information on a variety of topics in English and Spanish.

Lunch Box Handouts (University of California Cooperative Extension):
http://cesanluisobispo.ucdavis.edu/Nutrition,_Family_and_Consumer_Science208/Lunch_Box_Handouts/
Five educational handouts in English and Spanish designed to assist parents in packing healthy brown bag lunches for their preschool children (ages 2-6). Includes Healthy Lunches for Preschool Children, Learning from Labels, Safe Lunches for Preschool Children, Appealing Lunches for Preschool Children and 15 Take-Along Lunches for Preschool Children.

Core Nutrition Messages (USDA): www.fns.usda.gov/core-nutrition/core-nutrition-messages

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA, Revised 2008):
<https://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children>
Developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. The kit also contains 41 reproducible parent newsletters.

Nutrition and Your Child Newsletter (Children's Nutrition Research Center, Baylor College of Medicine):
<https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/news/cnrc-newsletters>

[◀ Return to Contents ▶](#)

Nutrition Screening Tools

Nutrition Education and Assessment for Toddlers Toolkit (Michigan State University, 2007):

<http://nursing.msu.edu/neat/neatpdf.asp>

An assessment tool to evaluate nutrition and eating behaviors of families with toddlers. Includes action messages and handouts for parents to provide education on areas of concern.

Nutrition Questionnaire for Children (Connecticut State Department of Education, 2006):

www.sde.ct.gov/sde/LIB/sde/pdf/deps/Early/ChildNutCP.pdf (see last four pages of *Child Nutrition. A Focus on Preschool – Guidance for Early Care and Education Programs*)

Nutrition Screening for Infants and Young Children with Special Health Care Needs, Spokane County, Washington (Washington State Department of Health, October 2008): www.doh.wa.gov/Portals/1/Documents/Pubs/970-116_NutritionScreeningForInfantsAndYoungCSHCN.pdf

Documents the need for regular nutrition screening of children with special health care needs and the need for referral networks of registered dietitians for helping children and families get the nutrition services. Includes a nutrition screening form, A Look at Your Child's Nutrition (Appendix A).

The PEACH Survey: A Nutrition Screening Tool for Use in Early Intervention Programs (Journal of the American Dietetic Association, Volume 94, Number 10, October 1994): www.ncbi.nlm.nih.gov/pubmed/7930323

[◀ Return to Contents ▶](#)