Today's tip offers a list of credible Consumer Health Information Resources about Nutrition that are available on the internet. Click on the name of the website or, copy and paste the link into your web-browser.

*Please Note: although this list has been compiled and vetted by the National Library of Medicine, they advise consumers to... read the disclaimer.

**GENERAL HEALTH RESOURCES:**

From the National Library of Medicine, HealthReach offers culturally relevant information in multiple languages and formats about health conditions and wellness topics, such as diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword. The link above directs you to a list of search results for the term “Nutrition.”

**Nutrition.gov** –  (https://www.nutrition.gov)
A USDA-sponsored website that offers credible information to help you make healthy eating choices.

**Academy of Nutrition and Dietetics: Eat Right** –  (https://www.eatright.org/)
The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals founded in Cleveland, Ohio in 1917…with over 100,000 credentialed practitioners – registered dietitian nutritionists, dietetic technicians, registered and other dietetic professionals…). Use this website to...

Replacing the food pyramid, Choose MyPlate is the most current USDA Food Guide (satisfy your curiosity, view [A Brief History of USDA Food Guides](https://www.choosemyplate.gov)). Click on the tabs to view health information for a specific AUDIENCE, tips for increasing PHYSICAL ACTIVITY, ONLINE TOOLS, POPULAR TOPICS and more.

AUDIENCE: MULTIPLE LANGUAGES:
- Choose MyPlate icon (available in multiple Languages)
- Tip sheet #1 (available in multiple Languages)
AUDIENCE: CHILDREN / PRESCHOOLERS:
- Tips for Picky Eaters

AUDIENCE: CHILDREN / KIDS:
- Games

POPULAR TOPICS:
- Healthy Eating on a Budget
USDA National Agricultural Library – [https://www.nal.usda.gov/topics](https://www.nal.usda.gov/topics)

Click on **Food and Human Nutrition** for the **USDA Food and Nutrition Information Center** (FNIC) then select from the drop-down menus to access over 2500 links to current and reliable nutrition information -- like The Emergency Food Assistance Program (TEFAP), one of the “USDA Nutrition Assistance Programs” -- or, choose from the “quick links” listed at the bottom of the page.

- USDA Nutrition Assistance Programs;
- “quick links”
Search by food item, food group, or manufacturer’s name to find the nutrient information for your food items. You can also generate lists of foods sorted by nutrient content like the example shown below: Sugars (Fructose, Sucrose, Glucose) found in Baby Foods.

Nutrient Search: fructose, sucrose, glucose (dextrose) found in Baby Foods.

DEFINING HEALTH TERMS:
DRI - dietary reference intake.
RDA - recommended dietary allowance.
Nutrition - the act of process of nourishing; the process by which organisms take in and utilize food.
Malnutrition - the condition that occurs when your body does not get enough nutrients; starvation is a form of malnutrition.
Macronutrient...
Micronutrient…
…define some of the terms you see in health resources with the following websites.

FOOD RECALLS:

USDA – (https://www.usda.gov/)
Select "Food Safety Recalls" in the I'm looking for drop-down menu to view a list of current resources vetted by the USDA from organizations including the Food Safety and Inspection Service (FSIS recalls) and Foodsafety.gov.

U.S. Food & Drug Administration (FDA) – (https://www.fda.gov/default.htm)
Click on the Home tab then select Recalls to view a list of current "Recalls, Market Withdrawals, & Safety Alerts" on FDA-regulated products. Filter by Recall Type: to narrow results. …Click on the Food tab then select Labeling & Nutrition for label claims, nutrition facts and labeling information.

EVALUATING HEALTH RESOURCES:

What should you look for when evaluating the quality of health information on Web sites? Read through suggestions based on the experienced contributors at MedlinePlus.

Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad? MedlinePlus has compiled resources that can help you evaluate health information and resources.

Quackwatch – (http://www.quackwatch.org/)
Guide to quackery, health fraud, myths, fads, fallacies and misconduct. Note: the author of this site is averse to alternative medicine.
CONSUMER HEALTH DISCUSSION RESOURCES:

**HLWIKI International** – [http://hlwiki.slais.ubc.ca/index.php/Top_Fifty_(50)_Medical_Wikis_You_Might_(Want_to)_Know](http://hlwiki.slais.ubc.ca/index.php/Top_Fifty_(50)_Medical_Wikis_You_Might_(Want_to)_Know)

List of the Top Fifty (50) Medical Wikis You Might (Want to) Know.


Patients Like Me (website - [http://www.patientslikeme.com/](http://www.patientslikeme.com/)) is an online community for people with life-changing conditions. …With a focus on patients and research, the blog reflects knowledge resulting from the shared real-world experiences of the online community.

**Dailystrength.org** – [http://www.dailystrength.org](http://www.dailystrength.org)

This site offers over 500 support groups for health issues and life challenges providing a network of people sharing their advice, treatment experiences and support. Users can research the latest drugs, treatments and alternative therapies and hear about others who share similar issues. Health experts serve as advisors to the site and also respond to user questions.

LOCAL HEALTH RESOURCES:

**2-1-1** – [http://www.hudson211.org/cms/](http://www.hudson211.org/cms/)

The (Hudson Valley Region) United Way’s 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. Open 365 days a year.

**Hudson River Health Care** – [https://www.hrhcare.org/](https://www.hrhcare.org/)

Network of community health centers throughout New York’s Hudson Valley and Long Island.

**Non-Medical Information and Resources - Dutchessny.gov** – [http://www.dutchessny.gov/CMSPrint/14871.htm](http://www.dutchessny.gov/CMSPrint/14871.htm)

A printable page of Non-Medical Information and Resources (i.e. Emergency Assistance: OMBUDSMAN, VETERAN SERVICES…).

**Dutchess County Office for the Aging** – [http://www.co.dutchess.ny.us/Countygov/departments/aging/agindex.htm](http://www.co.dutchess.ny.us/Countygov/departments/aging/agindex.htm)

Resources for senior citizens.

As always, please feel free call the Reference desk at (845) 485-3445 x3702 with questions or to request materials.

For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.