

Nutrition Hotlist  
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1. <http://win.niddk.nih.gov/publications/physical.html>  
Weight-control Information Network  
"Physical Activity and Weight Control"  
This is in a simple outline form that makes it easy to read and follow. It contains short paragraphs for the average online searcher and also some very helpful lists of things to do for controlling weight. Everything from getting started to getting strong to keeping moving. Good source.
2. <http://teamnnutrition.usda.gov/Resources>  
This site has information from an initiative to "support the child Nutrition Programs through training and technical assistance." It has a lot of information for foodservice, caregivers, schools, and community. Resources for Dietary Guidelines and MyPyramid. Most interesting was Nutrient Analysis Protocols for school programs. Interesting that they actually use software for analysis.
3. <http://mypyramid.gov/professionals>  
site contains several types of materials to use with MyPyramid  
"Anatomy of MyPyramid" - good explanations.  
This site was extremely helpful to me. I was able to print out many materials I can use in class that I hadn't taken the time to research yet.
4. <http://www.cfsan.fda.gov/~dms/foodlab.html>  
USFDA Center for Food Safety and Applied Nutrition  
"How to Understand and Use the Nutrition Facts Label"  
This site covers all of the details of the Nutrition Facts Label and what it all means to us in planning our diet. Very clear and helpful.
5. <http://www.fda.gov/loseweight/>  
"How to Lose and Manage Weight"  
Many good topics to click on: meal planning, diet claims, obesity, steps to take.
6. VERBNow.com This is for 9-13 year olds. It gives them game ideas for physical activity, and gives them the opportunity to share information and sports tips. Students can also put in their zip code and a sport and get info on where to play. Looks really good!
7. <http://www.cdc.gov/HealthyYouth/AdolescentHealth/steps.htm>  
STEPS Program - DASH  
"Steps to a HealthyUS"  
Information on nutrition, physical activity, obesity, Asthma, Tobacco, Diabetes. Lots of information
8. <http://www.dolenutrition.com>  
Many articles "Top Ten Anti Cancer Foods" "Stay Lean, Eat Green, Avoid Memory Loss." Interactive sites. Newsletter available.
9. <http://www.freshexpress.com>  
salad recipes and other links
10. <http://www.5aday.com>  
"Color Way" Eat a rainbow of colors. Education Tools.