

Accessing Nutrition and Health Resources on the Internet

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This document can be downloaded at <http://www.ces.purdue.edu/cfs/topics/F&N/resources.htm>

Click on "Searching foods and nutrition topics and websites"

Focus searches by using Boolean phrases ("and/or" phrases) to find information in webpages

- nutrition and diabetes and obesity** - Finds webpages that contain all 3 of the words. Same as "All the words" in some search engines. Some search engines use "+" for "and" or just a space instead of "and"
- nutrition or diabetes or obesity** - Finds any webpage that contains any one or more of the words. Same as "Any of the words" in some search engines.
- "Nutrition in diabetes and obesity"** - When in quotes, finds only the webpages that contain that phrase. Same as "The exact phrase" in some search engines.
- nutrition and (diabetes or obesity)** - Finds webpages that contain the word "nutrition" and contain either the word "diabetes" or the word "obesity", but does not have to have both "diabetes" and "obesity". The parentheses () are used to group the words.
- (nutrition and diabetes) or obesity** - Finds webpages that contain both "nutrition" and "diabetes" or finds webpages that contain just "obesity" without "nutrition" or "diabetes" in them.
- Some search engines use "+" for "and" and "-" for "not".

Good search engines for broad searches for nutrition-related research

These sites are usually fast, with lots of pages. Use options under "advanced search" to narrow your choices.

Google - www.google.com

Microsoft - www.msn.com (also may be found in Internet Explorer browser menu bar)

Yahoo - www.yahoo.com

Websites for more specific searching of the science literature for nutrition-related research

NLM Gateway - <http://gateway.nlm.nih.gov/gw/Cmd>

This website lets users search multiple retrieval systems at the U.S. National Library of Medicine (NLM).

Scirus - www.scirus.com/srsapp

Focuses on websites that deal with scientific literature. Also searches other science-based databases.

Other websites that might be of help in searches

National Archives and Records Administration - www.gpoaccess.gov/nara/index.html

Federal Register - Codes and regulations related to food and nutrition

Healthfinder - <http://www.healthfinder.gov/>

A gateway to reliable consumer health information from the U.S. Department of Health and Human Services.

Nutrition.gov and **MyPyramid.gov** - www.nutrition.gov and www.mypyramid.gov

Information aimed primarily at the general public from the U.S. Department of Agriculture

ERIC (Education Resources Information Center) - <http://www.eric.ed.gov>

Database of journal and non-journal education literature

Food and Nutrition Information Center - National Agricultural Library - www.nal.usda.gov/fnic

Collects and disseminates information about foods and nutrition. It has several good databases.

Foods and Nutrition Websites

Note: No endorsement of any website is implied by this listing. The author and Purdue University are NOT responsible for the content of any site listed.

Some websites may no longer be functional. Last checked 09/04/07.

Commodity Groups & Food Companies

American Egg Board Web Site <http://www.aeb.org/>
Australian Meat & Livestock Industry
<http://www.mla.com.au/>
Ben & Jerry's Ice Cream, Frozen Yogurt and Sorbet
<http://www.benjerry.com/>
California Dairy Council - Healthy Eating Made Easier
<http://www.dairyCouncilofca.org>
National Dairy Council - Nutrition Explorations-For Kids
<http://www.nutritionexplorations.com/index.asp>
Dairy Management Inc. Home Page
<http://www.dairyinfo.com/>
Oregon Dairy Council
<http://www.oregondairycouncil.org/>
United Kingdom Dairy Council
<http://www.milk.co.uk/>
Dole 5 A Day -Promotes 5-A-Day for Better Health
<http://www.dole5aday.com/>
Nu Connexions: Food-Related Businesses&Organizations
<http://www.nuconnexions.com/Links/Busindus.htm>
Godiva Online Home Page
<http://www.godiva.com/>
Hershey Foods Corporation
<http://hersheys.com/>
IFIC - International Food and Information Council
<http://ific.org/>
National Fisheries Institute
<http://www.aboutseafood.com/>
National Pork Producers Council
<http://www.nppc.org/>
National Restaurant Association
<http://www.restaurant.org/>
California Olive Industry
<http://www.calolive.org/>
Quaker Cereals
<http://www.quakeroatmeal.com/>
QuakerOats
<http://www.QuakerOats.com/>
Salt Institute
<http://www.saltinstitute.org/>
U.S. Soyfoods
<http://soyfoods.com/>
California Strawberry Commission
<http://www.calstrawberry.com/>
The Sugar Association, Inc.
<http://www.sugar.org/>
National Watermelon Promotion Board
<http://www.watermelon.org>

Dietetics-related sites

American Diabetes Association
<http://www.diabetes.org/>
American Dietetic Association
<http://www.eatright.org/>
Ask the Dietitian(tm) Joanne Larson, MS, RD
<http://www.dietitian.com/>
Basal metabolism calculator
<http://www.room42.com/nutrition/basal.shtml/>
Dietitians of Canada
<http://www.dietitians.ca/>
International Committee of Dietetic Assoc.
<http://www.internationaldietetics.org/default.asp>
Society for Nutrition Education
<http://www.sne.org/>

Government sites

Center for Food Safety & Applied Nutrition - FDA
<http://vm.cfsan.fda.gov/index.html>
Centers for Disease Control- (CDC) WWWONDER
Provides a point of access to a variety of CDC reports,
guidelines, and even numeric public health data
<http://wonder.cdc.gov/>
Center for Nutrition Policy Promotion - Part of USDA
<http://www.usda.gov/cnpp>
Children's Nutrition Research Center (CNRC)
Part of USDA's Ag Research Service - At Baylor Univ.
<http://www.bcm.tmc.edu/cnrc/>
Combined Health Information Database - NIH and CDC
Searchable database provides titles, abstracts, and
availability information for health information and education
resources.
<http://chid.nih.gov/>
Consumer Information Center-U.S. government
<http://www.pueblo.gsa.gov/>
Extension Service (CSREES) - USDA
<http://www.csrees.usda.gov>
State Extension Services - Links
http://csrees.usda.gov/qlinks/partners/state_partners.html
My Pyramid for Young Children - From USDA
<http://www.mypyramid.gov/kids/index.html>
U.S. Food and Drug Administration (FDA)
<http://www.fda.gov>
Food and Nutrition Information Center (FNIC) at USDA
<http://www.nalusda.gov/fnic/>
Food, Nutrition and Consumer Services (FNCS)
Food stamps, Team Nutrition, etc.-USDA
<http://www.fns.usda.gov/fncs/>
Food stamp, limited resources - New Jersey Extension
<http://www.fsneprutgers.edu/>

Food Safety and Inspection Service (FSIS)
USDA's regulatory wing (like FDA in DHHS)
<http://www.usda.gov/agency/fsis/homepage.htm>
FSTE: Food Safety Training and Education Alliance
U.S. Government Food Safety Information
<http://www.foodsafety.gov/>
Healthfinder -- U.S. government
A United States government gateway to consumer health information.
<http://www.healthfinder.gov/>
Healthy People 2010
Government health goals for the United States
<http://web.health.gov/healthypeople/>
U.S. National Agricultural Library
<http://www.nalusda.gov>
National Archives and Records Administration
Search the Federal Register and the Code of Federal Regulations (CFR) plus other government documents
<http://www.gpoaccess.gov/nara/index.html>
National Center for Health Statistics (NCHS) data sets
<http://www.cdc.gov/nchswww>
National Food Service Management Institute
Educational materials, satellite conferences and more
<http://www.olemiss.edu/depts/nfsmi/>
National Women's Health Information Center
Dept. of Health and Human Services
<http://www.4woman.org>
Nutrient Data Laboratory Food Composition Data -
USDA - Search for nutrient content of foods
<http://www.nal.usda.gov/fnic/foodcomp/search>
U.S. Department of Agriculture (USDA)
<http://www.usda.gov/>

Finding Nutrition Journals

American Journal of Clinical Nutrition
<http://www.ajcn.org>
Journal of Nutrition
OnLine access to current and past issues
<http://www.nutrition.org/>
New England Journal of Medicine On-line - Home Page
<http://www.nejm.org/>

Other Food and Nutrition sites

American Medical Association (AMA)
<http://www.ama-assn.org/>
American School Food Service Association
<http://www.asfsa.org/>
American Society for Nutritional Sciences
<http://www.asns.org/>
Nutrition Quest
Commercial company that provides health assessment and behavior change tools for health researchers and practitioners.
Official source of the Block Food Frequency Questionnaire.
<http://www.nutritionquest.com/>
CNN - Food and Health News Main Page
<http://www.cnn.com/HEALTH/index.html>
Cooking Light Magazine
<http://cookinglight.com/>

Cooking Measures and Conversion Calculator
Global Gourmet
<http://www.globalgourmet.com/food/resources/>
Food & Health Communications, Inc.
<http://www.foodandhealth.com>
Nutriquest - weight/health management commercial site
<http://www.mhhe.com/hper/nutrition/nutriquest/>
Food Processor - ESHA Research Nutrition Systems
Food Processor and other nutrient analysis software
<http://www.esha.com/>
The Institute of Food Technologists
<http://www.ift.org/>
Mayo Clinic Health Oasis
<http://www.mayohealth.org/>
New York Times - Your Health Daily
<http://yourhealthdaily.com/>
Reuters Health Information Services
<http://www.reutershealth.com/>

Physical activity sites (Thanks to Tracy Fox, MPH, RD)

American Council on Exercise
<http://acefitness.org>
American Fitness Alliance - mission is to improve young people's fitness and health by promoting physical activity and other healthy behaviors.
<http://www.americanfitness.net>
Gatorade Sports Science Institute
Materials and services are designed as educational tools for sports health professionals.
<http://gssiweb.com>
PE Central
For health and phys. ed. teachers, parents, and students
<http://pecentral.org>
P.E. 4 Life
A non-profit advocacy organization for promoting daily physical education programs for America's youth.
<http://www.pe4life.org>
President's Council on Physical Fitness and Sports
<http://fitness.gov>
ShapeUp America
Weight management through nutrition and physical activity.
<http://shapeup.org>

Sites focused on nutrition quackery and fraud

American Council on Science and Health
<http://www.acsh.org/>
Comm. for the Scientific Investigation of Claims of the Paranormal
<http://www.csicop.org/>
National Council Against Health Fraud
<http://www.ncahf.org/>
QuackWatch - Stephen Barrett, MD
<http://www.quackwatch.com/>

University sites - Foods and Nutrition

UC-Berkeley Dept. of Nutritional Sciences

http://nature.berkeley.edu/site/nutri_sci_tox.php

University of Florida - Inst. of Food & Agricultural Sci.

<http://www.ifas.ufl.edu>

IFT Communicators - Located at Ohio State University

Information on IFT Communicators and Department of
Food Science and Technology

<http://www-fst.ag.ohio-state.edu/>

Hardin Meta Directory - Nutrition

Directory of links to other nutrition sites

<http://www.lib.uiowa.edu/hardin/md/nutr.html>

Iowa State Extension Food Safety Project

<http://www.extension.iastate.edu/foodsafety>

Kansas State - Department of Human Nutrition

<http://www.ksu.edu/humec/hn>

Kansas State - Food and Nutr. Newsletter

<http://www.oznet.ksu.edu/humannutrition/newslet.htm>

IMP Database System-Michigan State U.

Searchable databases of materials related to food&nutrition

<http://www.msue.msu.edu/msue/imp/index.html>

National Association of College & Univ. Food Services

<http://www.nacufs.org>

Oregon State University Extension Nutrition page

<http://extension.oregonstate.edu/fcd/>

<http://www.usu.edu/~famlife/nfs/index.html>

Univ. of Vermont - Department of Nutritional Sciences

<http://nutrition.uvm.edu/nfs/index.cfm>