

Sources of Reliable and Accurate Nutrition Online Information

Governmental (U.S.)

- Centers for Disease Control and Prevention - <http://www.cdc.gov/>
- Food and Drug Administration - <http://www.fda.gov/>
- Healthy People - <http://www.healthypeople.gov/2020/default.aspx>
- MyPlate - <http://www.choosemyplate.gov/>
- Office of Disease Prevention and Health Promotion - <http://health.gov/>
- National Center for Complementary and Integrative Health - <https://nccih.nih.gov/>
- National Digestive Diseases Information Clearinghouse - <http://digestive.niddk.nih.gov/ddiseases/a-z.aspx>
- National Heart, Lung and Blood Institute's - website providing information related to heart, lung, and blood conditions and sleep disorders - <http://www.nhlbi.nih.gov/health/health-topics/by-alpha/>
- Nutrition.gov - Has links for information about life stages, supplements, etc. The Smart Nutrition 101 section has info about MyPlate (and Super Tracker), vegetarians, athletes, and a link for DRIs. - <http://www.nutrition.gov/>
- Super Tracker for food & activity analysis - <https://www.supertracker.usda.gov/>
- US Department of Agriculture - <http://www.usda.gov/wps/portal/usda/usdahome>
- USDA Center for Nutrition Policy and Promotion - <http://www.cnpp.usda.gov/>
- US Department of Health and Human Services - <http://www.hhs.gov/>
- US Department of Health and Human Services Health Topics A-Z - <http://www.healthfinder.gov/prevention/>

Governmental (International)

- Food and Agricultural Organization of the United Nations - <http://www.fao.org/>
- Health Canada - <http://www.hc-sc.gc.ca/>
- World Health Organization - <http://www.who.int/en/>

Educational

- Linus Pauling Institute's Micronutrient Information Center - <http://lpi.oregonstate.edu/mic>

Nongovernmental

- The Academy of Nutrition and Dietetics - <http://www.eatright.org/>
- American Diabetes Association - <http://www.diabetes.org/>
- American Medical Association - <http://www.ama-assn.org/>
- American Society for Nutrition - <http://www.nutrition.org/>
- CSPI (Center for Science in the Public Interest) - <http://www.cspinet.org/>
- Cochrane Library of Systematic Reviews of Health Care Research - <http://www.cochranelibrary.com/>
- Dietitians of Canada - <http://www.dietitians.ca/>
- Harvard School of Public Health's The Nutrition Source - <http://www.hsph.harvard.edu/nutritionsource/index.html>
- Health News Review - <http://www.healthnewsreview.org/>
- Institute of Medicine: Food and Nutrition - <http://iom.nationalacademies.org/Global/Topics/Food-Nutrition.aspx>
- Mayo Clinic's Diseases and Conditions Index - <http://www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex>
- National Commission for Certifying Agencies (NCCA) accredits programs that certify individuals in a wide range of health professions and other occupations like automotive professionals. - <http://www.credentialingexcellence.org/NCCA>
- The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - <http://www.niddk.nih.gov/>
- Rudd Center for Food Policy and Obesity - <http://www.uconnruddcenter.org/>
- The Yale-Griffin Prevention Research Center (directed by Dr. David Katz and it includes his recent articles, essays, op-eds and columns written for the New York Times Syndicate) - <http://www.yalegriffinprc.org/>

Blogs

- Mark Bittman - <http://bittman.blogs.nytimes.com>
- The Feeding Doctor (Katja Rowell, MD) - <http://thefeedingdoctor.com/>
- Marion Nestle (PhD, MPH, Professor- Department of Nutrition, Food Studies, and Public Health at New York University) - <http://www.foodpolitics.com/>
- NPR's The Salt - <http://www.npr.org/sections/thesalt/>

- Raise Healthy Eaters (Maryann Tomovich Jacobsen, MS, RD) - <http://www.raisehealthyeaters.com>
- Real Mom Nutrition (Sally Kuzemchak, RD, MS) - <http://www.realmomnutrition.com>
- Science of Mom: The Heart and Science of Parenting (Alice Callahan, PhD in nutritional biology) - <http://scienceofmom.com/>

Newsletters (besides ones at the other links given)

- Ellyn Satter's Family Meals Focus Newsletter - <http://ellynsatterinstitute.org/fmf/familymealsfocus.php>

Local

- Eugene Coalition for Better School Food - <http://www.kidfoodmatters.com/>
- FOOD for Lane County - <http://www.foodforlanecounty.org/>
- LCC Learning Garden Club - <http://www.lanecc.edu/sustainability/learning-garden-club>
- Prevention Lane - <http://www.preventionlane.org/>
- School Garden Project of Lane County - <http://www.schoolgardenproject.org/>
- Sustainable Cottage Grove - <http://www.sustainablecottagegrove.org/>
- UO's Healthy Campus Initiative - <http://healthycampus.uoregon.edu/>
- Willamette Farm and Food Coalition - <http://www.lanefood.org/>