

## Nutrition Resources

<u>Organization</u>	<u>Tagline</u>	<u>Link</u>
American Heart Association	Heart health and disease info including low cholesterol or sodium recipes.	<a href="http://www.hearhub.org/">http://www.hearhub.org/</a>
American Dietetic Association	Nutrition Fact Sheets designed by Registered Dietitians	<a href="http://www.eatright.org">http://www.eatright.org</a>
American Institute for Cancer Research	Info and great recipes about cancer and Nutrition	<a href="http://www.aicr.org/foods-that-fight-cancer/">http://www.aicr.org/foods-that-fight-cancer/</a>
Center for Science in the Public Interest	Non-profit advocate for food and nutrition and health information for the consumer.	<a href="http://www.cspinet.org/">http://www.cspinet.org/</a>
DASH Diet: Dietary Approach to Stop Hypertension	Low Sodium, heart healthy eating plan	<a href="http://www.nhlbi.nih.gov/hbp/prevent/h_eating/start.htm">http://www.nhlbi.nih.gov/hbp/prevent/h_eating/start.htm</a>
FDA Consumer Information	Trans fats, what are they, where they are in food, etc	<a href="http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm244206.htm">http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm244206.htm</a>
International Food Information Council	Nutrition and food safety resource	<a href="http://www.ific.org/nutrition">http://www.ific.org/nutrition</a>
Lab Tests Online	Understand the meaning of lab tests	<a href="http://labtestsonline.org/map/aindex">http://labtestsonline.org/map/aindex</a>
Mayo Clinic	Timely nutrition info	<a href="http://www.mayoclinic.com/health/food-and-nutrition/NU99999">http://www.mayoclinic.com/health/food-and-nutrition/NU99999</a>
National Library of Medicine	Interactive tutorials on various health topics	<a href="http://www.nlm.nih.gov/medlineplus/tutorials/">http://www.nlm.nih.gov/medlineplus/tutorials/</a>
National Cholesterol Education Program	Materials to learn to cut out fat, cholesterol and sodium and eat well	<a href="http://www.nhlbi.nih.gov/about/ncep">http://www.nhlbi.nih.gov/about/ncep</a>
Produce for Better Health Foundation	Everything about fruits and vegetables	<a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a>
Smart Mouth from CSPI	Interactive nutrition game	<a href="http://www.cspinet.org/smartmouth/index1.html">http://www.cspinet.org/smartmouth/index1.html</a>
The Whole Grains Council	Consumer advocacy group to promote heart healthy whole grains.	<a href="http://www.wholegrainscouncil.org/">http://www.wholegrainscouncil.org/</a>



### **Bernards Township Health Department**

Basking Ridge, NJ 07920  
P. 908.204.2520 F. 908.204.3075  
[www.bernardshealth.org](http://www.bernardshealth.org)

*Contractual Health Agency for:*  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack and Gladstone Borough

**Nutrition Resources**

Tufts University	Nutrition and health information and latest research.	<a href="http://tuftshealthletter.com/">http://tuftshealthletter.com/</a>
University of Maryland Health Calculators	Calculate Heart Disease Risk or your BMI.	<a href="http://www.umm.edu/healthcalculators/">http://www.umm.edu/healthcalculators/</a>
USDA Food Guide: My Plate	Allows you to plan or evaluate food and nutrition	<a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>
US Department of Health and Human Services	Quick guide for all health topics	<a href="http://beta.healthfinder.gov/">http://beta.healthfinder.gov/</a>



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