

Reliable Sources of Health and Nutrition Information

<u>Organization</u>	<u>Website</u>	<u>Content</u>
Academy of Nutrition and Dietetics	https://www.eatright.org/	Professional association for Registered dietitians but has many fact sheets and articles for public such as “Be Merry: Enjoy Guilt-Free Holiday Celebrations”
American College of Cardiology	http://tools.acc.org/ASCVD-Risk-Estimator-Plus#!/calculate/estimate/	Calculate cardiac risk
American Heart Association	http://www.hearhub.org/	Heart health and disease info including low cholesterol or sodium recipes
American Heart Association’s Watch, Live and Learn	http://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=athero	Interactive Cardiovascular Library
American Institute of Cancer Research	http://www.aicr.org/	A great resource for learning about cancer prevention and treatment, BUT my favorite are their recipes, lots of great healthy veggie recipes; also has the New American Plate program which promotes healthy eating
Baylor University Children’s Nutrition Research Center	https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/	Nutrition and health information and research to help parents and children.
BMI Calculator	https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/interactive-calculators	Calculate your Body Mass Index easily. BMI calculator for children
CardioSmart	https://www.cardiosmart.org/Tools/Heart-Disease-Risk-Assessment	Cardiac risk calculator and BMI calculator
Center for Disease Control and Prevention	http://www.cdc.gov/heartdisease/facts.htm https://www.cdc.gov/nutrition/index.html	Heart Disease Facts CDC Nutrition resources
Center for Science in the Public Interest (CSPI)	http://www.cspinet.org/ <i>Nutrition Action Newsletter</i>	Great nutrition and food info for public with monthly newsletter with articles on “Food Porn” showing the worst and best foods new to the market; lots of materials like “Salt: The Silent Killer”
Centers for Disease Control	https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm	Calculating Target Heart Rate for exercise



Bernards Township Health Department

Basking Ridge, NJ 07920
P. 908.204.2520 F. 908.204.3075
www.bernardshealth.org

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

Cleveland Clinic Cholesterol Guidelines and Heart Health	https://my.clevelandclinic.org/health/articles/cholesterol-guidelines-heart-health	
Learn about Eggs:	https://www.incredibleegg.org/egg-nutrition/ https://www.webmd.com/diet/features/good-eggs-for-nutrition-theyre-hard-to-beat#1 https://www.eggnutritioncenter.org/egg-nutrition-basics/ http://www.aeb.org/retail/registered-dietitian-nutrition https://www.goodhousekeeping.com/health/diet-nutrition/a48023/egg-nutrition/	
FDA Consumer Information	http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm244206.htm	Nutrition updates
Fruits and Vegetables: More Matters	http://www.fruitsandveggies.org	Learn about all fruits and veggies, nut nutrition, what's in season, unusual f or v like Seville oranges or Thai chili, phytochemicals, f and v storage etc
Harvard Health	https://www.health.harvard.edu/heart-health/11-foods-that-lower-cholesterol	Foods that lower cholesterol
Harvard School of Public Health – Nutrition resource	http://www.hsph.harvard.edu/nutritionsource/	Reliable and easy to read
Health Hub – Cleveland Clinic	http://my.clevelandclinic.org/health	One of the best resources for health and wellness on the web – all reliable
HealthyPeople 2030	http://www.healthypeople.gov/2020/default.aspx	<i>Healthy People</i> provides science-based, 10-year national objectives for improving the health of all Americans.
International Food Information Council	http://www.foodinsight.org/	Wonderful Nutrition and food info for public such as Holiday food traditions contest with reliable nutrition info such as “Dietary Fats: Balancing Health & flavor”
Lab Tests Online	http://labtestsonline.org/map/aindex	Understanding the meaning of your lab work
Labeling & Nutrition	https://www.fda.gov/food/labelingnutrition/default.htm	Presents information about food label requirements for foods under the Federal Food, Drug, and Cosmetic Act
Mayo Clinic	http://www.mayoclinic.com/health/food-and-nutrition/NU99999	Timely and vetted nutrition information
MedlinePlus	https://www.nlm.nih.gov/medlineplus/anatomyvideos.html ;	Online videos to help you to understand a disease; also health info available in Spanish.
MyPlate	http://www.choosemyplate.gov/	Nutrition education materials based on <i>MyPlate</i> including Let's Move! And The People's Garden programs



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National Healthy Worksite Program (CDC)	http://www.cdc.gov/nationalhealthysite/index.html	Contains info on how and why to set up a workplace wellness program as well as educational evidence-based programs and materials.
National Institute of Health	https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf	Great handouts and info for the public on cholesterol and heart health includes Spanish versions, info for women and heart disease, DASH diet (sodium), TLC Diet etc
Oldways Preservation Trust	www.oldwayspt.org https://oldwayspt.org/history-mediterranean-diet-pyramid	Non-profit that promotes healthy eating through the Mediterranean Diet, healthy ethnic eating and food pyramids that match these.
Pesticide Info in Fruits/Vegetables	http://www.ewg.org/foodnews/	<i>Dirty Dozen and Clean Fifteen.</i> Environmental Working Group's guide to pesticides in produce
Portion Distortion I & II	www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm	Set of slides showing the size of food portions and how they have changed.
SELF Nutrition Data	http://nutritiondata.self.com/	Nutrient content of individual foods.
The DASH Diet	http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf http://dashdiet.org/	Top rated low sodium healthy eating.
Therapeutic Lifestyle Changes for Heart Health	https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf	Handouts and materials for heart health
U.S. Department of Health and Human Services	http://healthyeating.nhlbi.nih.gov/ingre.aspx	Delicious healthy eating, cooking, and shopping tips & recipes
USDA Center for Nutrition Policy and Promotion: Dietary Guidelines for Americans 2020-2025	https://www.dietaryguidelines.gov/	Dietary Guidelines for Americans 2020-2025
USDA National Nutrient Database for Standard Reference	https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/nutrient-data-laboratory/	Search or download information on nutrient content of foods
USDA Nutrition website	https://www.nutrition.gov/	A USDA-sponsored website that offers credible information to help you make healthful eating choices.
Whole Grains Council	http://wholegrainscouncil.org/	Helps consumer find whole grains and know their health benefits; learn anything about whole grains

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