APPENDIXES

APPENDIX I

Sources of Reliable Information on Nutrition

Websites

The following websites make enormous amounts of information readily available to anyone at no charge:

The American Academy of Pediatrics. Information on all aspects of paediatrics, including nutrition.
http://www.aap.org

The American Diabetes Association. Extensive information on all aspects of diabetes. (The website also contains information in Spanish.)
http://www.diabetes.org

http://www.eatright.org

The American Heart Association. Another resource on heart disease. (The website also contains information in Spanish.)
http://www.amhrt.org

The Food and Agriculture Organization of the United Nations (FAO). The FAO website provides many publications on areas related to food and agriculture. (The website also contains information in French and Spanish.)
http://www.fao.org

Food and Nutrition Technical Assistance II Project (FANTA-2). This organization is financed by the U.S. Agency for International Development (USAID). It provides many documents on nutrition programmes around the world.
http://www.fantaproject.org

HEALTHFINDER. A source of health information on many topics. The website is run by the U.S. Department of Health and Human Services. (The website also contains information in Spanish.)
http://www.healthfinder.gov

International Food Policy Research Institute, based in Washington, D.C., USA. The website provides many publications on issues related to agriculture. (The website also contains information in French, German, and Spanish.)
http://www.ifpri.org

Mayo Clinic. This American website provides much information on health and disease, including diet and supplements. Books written by Mayo Clinic experts may be purchased via the website.
http://www.mayoclinic.com

MEDLINE. This website provides direct access to a database of more than ten million articles published in thousands of scholarly journals in all areas of the biomedical sciences. Operated by the U.S. National Library of Medicine.

Note: For most articles only an abstract is provided. The full article can often be obtained at no cost by sending an email request to the first author.
MEDLINEPLUS. This website is operated by agencies of the U.S. government and provides extensive information on many aspects of health and medicine. Operated by the U.S. National Library of Medicine. (The website also contains information in a variety of languages.)
http://medlineplus.gov

National Cancer Institute. This provides extensive information on all aspects of cancer. This agency is a branch of the National Institutes of Health, an agency of the U.S. government. (The website also contains information in Spanish.)
http://www.cancer.gov

The National Center for Complementary and Alternative Medicine provides information on a wide variety of dietary supplements. This agency is a branch of the National Institutes of Health, an agency of the U.S. government. (The website also contains information in Spanish.)
http://nccam.nih.gov

The National Heart, Lung, and Blood Institute. This website provides much valuable information on heart disease and related subjects. This agency is part of the U.S. Department of Health and Human Services. (The website also contains information in Spanish.)
http://www.nhlbi.nih.gov

The National Institute on Aging is a source for health and research information on older adults. This agency is a branch of the National Institutes of Health, an agency of the U.S. government. (The website also contains information in Spanish.)
http://www.nia.nih.gov

The United Nations Children’s Fund (UNICEF) is located in New York. The international organization is committed to evidence-based child survival and nutritional interventions. The website provides much useful information on issues related to children, including nutrition. (The website also contains information in French and Spanish.)
http://www.unicef.org

The Weight-control Information Network (WIN) provides information on all aspects of weight control. This agency is a branch of the National Institutes of Health, which is a part of the U.S. government. (The website also contains information in Spanish.)
http://win.niddk.nih.gov

The World Bank, based in Washington, D.C., USA. This provides documents on a wide range of issues, including nutrition, agriculture, water, health, energy, environment, and trade. (The website also contains information in French and Spanish.)
http://www.worldbank.org

The World Health Organization (WHO). This website provides many publications on areas related to health around the world. (The website also contains information in French and Spanish.)
http://www.who.int/en

There are several websites that provide a detailed analysis of a diet and the nutrition content of large numbers of foods. The links to several free websites were given in Chapter 22, section 3.3 (Diet Analysis) and section 10 (Additional Resources).

Books
The following books may be purchased:
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