



Resources: General Nutrition

Alaska Seafood:

www.alaskaseafood.org/

Learn about the health benefits of native seafood and get some great recipes.

The American Dietetic Association:

www.eatright.org

Nutrition fact sheets and basic information

American Heart Association:

www.deliciousdecisions.org/

Lists of heart-healthy recipes and shopping tips.

Food Safety:

www.foodsafety.gov/

List of recalls and food safety alerts and tips.

www.fightbac.org

www.homefoodsafety.org

Home food safety tips.

Illinois Nutrition Program Newsletters:

www.isbe.net/nutrition/htmls/newsletters.htm

Provides links to past newsletters and allows you to sign up to receive them.

Nutrition 101:

www.nutrition.gov

What's in food, nutrition for life stages, weight management, nutrition and health issues, shopping, cooking, and meal planning, etc.

Nutrition Data:

www.nutritiondata.com/

Allows you to calculate the nutritional content of food you eat. Has % Daily Needs Calculator, Nutrition Facts, Featured Food Facts, & Nutrition Management tools.

The Obesity Society:

www.obesity.org

A great source for general background information regarding adult health.

The USDA Resource Library:

<http://healthymeals.nal.usda.gov/>