

Dietary/Nutrition Education

Internet Resources

National Heart Lung and Blood Institute	<p>Home: http://www.nhlbi.nih.gov/about/oei/index.htm</p> <p>Dash Handbook http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</p> <p>Brief Sodium Guidelines from the American Heart Association http://www.americanheart.org/presenter.ihtml?identifier=4708</p> <p>Portion Distortion 1 pdf http://hp2010.nhlbihin.net/oei_ss/PD1/download/pdf/PD1.pdf</p> <p>Portion Distortion 2 pdf http://hp2010.nhlbihin.net/oei_ss/PDII/download/pdf/PD2.pdf</p> <p>Shopping Tips: http://hp2010.nhlbihin.net/oei_ss/download/pdf/PRACTICAL2.pdf</p> <p>Low Fat Substitution Checklist: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/lcal_fat.htm</p>
USDA	<p>Fruit and Vegetable Recommendation Calculator (plus link to ideas on how to incorporate fruits and vegg) http://www.5aday.gov/</p> <p>Foods in the Grain Group: http://www.mypyramid.gov/pyramid/grains.html</p> <p>Tips for Eating More Whole Grains (to increase fiber) http://www.mypyramid.gov/pyramid/grains_tips.html</p> <p>Food Label Brochure: http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf</p> <p>Food Labels Teaching Activity: http://www.cfsan.fda.gov/~ear/hwm/labelman.html</p> <p>Dietary Guidelines - Sections for each chapter http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm</p> <p>General Food Guidance – My Pryamid: http://www.mypyramid.gov/</p>

	<p>Overweight and Obesity http://www.womenshealth.gov/minority/africanamerican/obesity.cfm</p>
National Dairy Council	<p>Dairy Facts for African Americans: http://www.nationaldairycouncil.org/NR/rdonlyres/F8DFDCF4-8FA4-4196-82D7-DB1184D48F79/0/DairysRoleinAfricanAmericanHea1th110405.pdf</p>
NIH	<p>Learning About Lactose Intolerance: http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance/</p>
American Heart Association	<p>BRIEF SODIUM GUIDELINES FROM American Heart Association http://www.americanheart.org/presenter.jhtml?identifier=4ELS</p> <p>Traditional Cookbooks – http://www.americanheart.org/presenter.jhtml?identifier=3040179</p> <p>How Do I Read Food Labels? http://www.americanheart.org/presenter.jhtml?identifier=3007450</p> <p>Obesity and Overweight - AHA Scientific Position http://www.americanheart.org/presenter.jhtml?identifier=4639</p> <p>Make Healthy Food Choices http://www.americanheart.org/presenter.jhtml?identifier=537</p> <p>Know Your Fats http://www.americanheart.org/presenter.jhtml?identifier=532</p> <p>Tips for Eating Out http://www.americanheart.org/presetner.jhtml?identifier=531</p> <p>No-Fad Diet http://www.americanheart.org/presenter.jhtml?identifier=1200010</p>