

Recommended Food and Nutrition Resources

As a service to its members during National Nutrition Month, the Minnesota Nutrition Council, Inc. has developed a resource list of websites and books for use with consumer audiences. Be sure to check out any resources that are new to you (the content of these sites is not controlled by the Eden Prairie School District). Enjoy!

WEBSITES:

- teamnutrition.usda.gov
- <http://healthletter.tufts.edu/%20>(Tufts Health and Nutrition Letter)
- <http://www.americanheartassociation.org%20>
- <http://www.beef.org>
- <http://www.bettycrocker.com>
- <http://www.cspinet.org> (Center for Science in the Public Interest)
- <http://www.cookinglight.com>
- <http://www.eatright.org>
- <http://www.fda.gov>
- http://www.fda.gov/womens/taketimetocare/diabetes/diabetes_broc_eng.html
- <http://www.fitness.gov>
- <http://www.foodallergy.org>
- <http://www.generalmills.com>
- <http://www.greenqiant.com>
- <http://www.healthcentral.com>
- <http://www.kraftfoods.com>
- <http://www.mayohealth.org>
- <http://www.mda.state.mn.us> (Minnesota Department of Agriculture)
- <http://www.midwestdairy.com>
- <http://www.mnbeef.org>
- <http://www.nationaldairycouncil.org>
- <http://www.nih.gov> (National Institutes of Health)
- <http://www.nutrition.gov>
- <http://www.quackwatch.com>
- <http://www.strokeassociation.org>
- <http://www.usda.gov>
- <http://www.webmd.com>

Children Specific Websites:

- <http://mypyramid.gov/kids/index>
- <http://dole5aday.com>
- <http://kidnetic.com>
- <http://www.fns.usda.gov/tn/>