

Wellness Related Websites:

Academy of Nutrition and Dietetics

<https://www.eatright.org>

Provides food and nutrition information from Registered Dietitians including “hot topic” fact sheets.

American Society for Nutrition

<https://nutrition.org>

Directory of nutrients with diet recommendations, toxicity, clinical uses, and recent research.

Anorexia Nervosa and Related Eating Disorders

<https://www.anred.com>

Information on Anorexia nervosa, bulimia, binge eating, compulsive exercising, and other weight disorders.

Food Allergy and Anaphylaxis Network

<https://www.foodallergy.org>

Common food allergies, research studies, special allergy reports, and allergy-free recipes.

Food Safety

<https://www.foodsafety.gov>

News and safety articles, consumer advice, and selected highlight topics on food safety.

National Dairy Council

<https://www.usdairy.com>

Current research and nutrition information.

USDA Nutrition.gov

<https://www.nutrition.gov>

Look up calories or nutrients in a food, smart nutrition 101, weight management, dietary supplements, nutrition/health issues, and meal planning.

The Food and Nutrition Information Center

<https://www.nal.usda.gov/legacy/fnic>

Contains credible, accurate, and practical resources for nutrition. Provides information on Food Composition, Dietary Guidelines, Food Guide Pyramid, and more.

United States Department of Agriculture

<https://www.usda.gov>

Features Dietary Guidelines, an interactive Healthy Eating Index, Food Guide Pyramid, and recipes.

USDA-Child Nutrition

<https://www.fns.usda.gov/cn>

Child Nutrition programs and National School Lunch Program requirements.