

ON-LINE SOURCES OF NUTRITION and RELATED INFORMATION

www.eatright.org American Dietetic Association

<http://www.mayoclinic.com>

www.clevelandclinic.org/gastro

www.cspinet.org Center for Science in the Public Interest - consumer nutrition

www.healthletter.tufts.edu TUFTS University Health letter

<http://www.whonamedit.com/azeponyms>

<http://www.gastrolab.net/welcomee.htm> pictures of GI organs and diseases

www.consumerlab.com supplement information (subscription)

www.usp-dsvp.org US Pharmacopeia

www.health.gov

www.nih.gov

www.hhs.gov links to 2005 Dietary and Exercise Guidelines and My Pyramid Food Guidance System

HEALTHY RECIPE SOURCES

(from TUFTS University Newsletter 3/01)

www.intelihealth.com

Click on 'Nutrition', then 'Healthful Recipes'

Interactive Meals

Healthful Lunches

On the Road to Breakfast

www.cookinglight.com

low fat recipes

www.deliciousdecisions.org

virtual cookbook compiled by the American Heart Association (not low sodium)

www.nhlbi.nih.gov

Click on Recipes for Healthy Eating

www.allrecipes.com

R16;SearchR21; for recipes for diabetics and dairy, egg and wheat-free

www.mealsforyou.com

Includes recipes for diabetics, vegetarian, kosher, wheat and dairy-free

COOKBOOKS

Gluten-Free Gourmet

author - Betty Hagman

Good Food - Milk Free, Grain Free

author - Hilda Cherry Hill

compiled by keytnc