

Section B

Resources



Food, Nutrition, and Health



Internet Websites

Food Service & Safety

FDA Center for Food Safety & Applied Nutrition (search, FAQ, programs, regs)

<http://vm.cfsan.fda.gov/>

Food Safety Index (foodborne illness statistics, education, HACCP, clipart)

<http://www.nal.usda.gov/fnic/foodborne/fbindex/index.htm>

The National Food Safety Database (hot topics and general information)

<http://www.foodsafety.org/>

National Food Service Mgt Institute (publications, Child Nutrition Program)

<http://www.olemiss.edu/depts/nfsmi>

The Partnership for Food Safety Education (foodborne illness, campaign artwork)

<http://www.fightbac.org>

Fun Food Sites/Recipes/Misc.

American Heart Association Cookbook (lowfat recipes)

http://www.amhrt.org/catalog/Health_catpage6.html

American Botanical Council (scientific information on herbs)

<http://www.herbalgram.org/mission.html>

Berkeley Diet Screener (check your diet)

<http://www.nutritionquest.com/freescreen.html>

Cooking Light (food and fitness, recipes, menus)

<http://www.cookinglight.com>

CyberDiet (nutritional profile tools, meal planner)

<http://www.cyberdiet.com/>

Dole 5 A Day Homepage (fruits and vegetables facts, education)

<http://www.dole5aday.com>

The Electronic Gourmet Guide (food & wine, restaurant guide)

<http://www.foodwine.com/>

Gatorade Sports Science Institute (fluids and sports nutrition)

<http://www.gssiweb.com/>

The Healthy Refrigerator (heart healthy diet)

<http://www.healthyfridge.org.mainmenu.html>

Health World Online: Nutrition Center (resources, supplements, recipes, FAQ)

<http://ww.healthy.net/nutrit/kitchen/index.html>

Herb Research Foundation (research, news, health issues, hot topics on herbs)

<http://www.herbs.org/>

Quackwatch (update on health-related frauds, myths, fads, and fallacies)

<http://www.quackwatch.com/index.html>

Shape Up America Program (health & fitness, weight loss, BMI center)

<http://www.shapeup.org/sua/index.html>

Thrive Online (medical, fitness, diet)

<http://www.thriveonline.com>

Veggies Unite (guide to vegetarianism, recipes, books)

<http://www.vegweb.com/>

Wellness on the Web (healthy eating, recipes, books & magazines)

<http://www.grahamkerr.com>

Government Agencies and Databases

Consumer Information Center, Food & Nutrition (many free publications)

<http://www.pueblo.gsa.gov/food.htm>

Combined Health Information Database (search for diseases/health topics)

<http://chid.nih.gov>

Department of Health and Human Services (research, policy, agencies)

<http://www.os.dhhs.gov>

Healthfinder (search site for health topics, libraries, on-line journals)

<http://www.healthfinder.org/default.htm>

National Heart, Lung, & Blood Institute (research, publications)

<http://www.nhlbi.nih.gov>

National Institutes of Health (resources, clinical trial databases)

<http://www.nih.gov/health/>

NIH - Diabetes and Kidney Disease

<http://www.niddk.nih.gov>

National Library of Medicine (Medline)

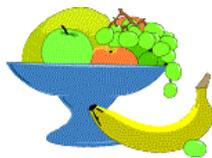
<http://www.nlm.nih.gov>

USDA 1995 Dietary Guidelines for Americans

<http://www.nal.usda.gov/fnic/Dietary/dietg95.htm>

USDA Food and Nutrition Service (WIC, Food Stamps)

<http://www.usda.gov/fcs/fcs.htm>



Healthcare Organizations

John Hopkins Department of Nutrition

<http://www.med.jhu.edu/nutrition/>

The Mayo Clinic (medicine, nutrition, hot topics)

<http://www.mayohealth.org>

Tufts University Navigator to Nutrition sites (food safety, hot topics, special needs)
<http://navigator.tufts.edu/>

International Organizations

Food & Agriculture Organization of the UN (partnerships, publications, agriculture)
<http://www.fao.org/>

International Food Info Council (latest update on hot topics)
<http://www.ificinfo.health.org>

National and Private Organizations

American Cancer Society (Search For: Nutrition)
<http://www.cancer.org/bottomsearch.html>

American College of Sports Medicine (certification, continuing education, publications)
<http://www.acsm.org/index.htm>

American Dietetics Association (resources, web links, hot topics & tips)
<http://www.eatright.org>

American Dietetics On-line (dietetics networking)
<http://www.dietetics.com>

American Heart Association (dietary guidelines, reference guide, risk assessment)
<http://www.americanheart.org>

Center Science in the Public Interest (Nutrition Action Newsletter, quizzes)
<http://www.cspinet.org>

Lifescan (diabetes self-care, diet, exercise, medication)
<http://www.lifescan.com/lsscure/slfctips/tipsmenu.html>

National Cholesterol Education Program (treatment of heart disease: diet, drugs, exercise, risk factors, medical terminology)
<http://pharminfo.com/disease/cardio/atpsum.html>

Good Nutrition Reading List

The consumer market overflows with publications on nutrition, diet, fitness, and health. The publications listed represent resources for a variety of topics and provide reliable nutrition information for personal, school, library, or community use. Most are available at local libraries and bookstores.

This list contains items available directly from the American Dietetic Association, and they are indicated by an asterisk (*). It is not an all inclusive list nor does it represent endorsement by the Department of Defense or The American Dietetic Association.

Food and Nutrition Information for Consumers

The American Dietetic Association's Food and Nutrition Guide by Roberta L. Duyff.
Chronimed Publishers, 1996.

Eat For Life by Catherine E. Woteki and Paul R. Thomas. Harper Collins, 1993.

Every Woman's Guide to Nutrition by Judith Brown. University of Minnesota Press, 1991.

The Fast Food Diet: Quick and Healthy Eating at Home and on the Go by Mary Donkersloot. Simon & Schuster, 1991.

Hamilton/Whitney's Nutrition Concepts and Controversies by Frances Sizer and Eleanor Whitney. West Publishing, 1994.

The Essential Guide to Vitamins and Minerals by Elizabeth Somer. Softcover. 1995.

Herbs of Choice by Varro E. Tyler. Pharmaceutical Products Press, 1994.

Keeping Food Fresh by Janet Bailey. HarperCollins, 1993.

Nutrition for the Prime of Life: The Adult's Guide to Healthier Living by Hugh J. McDonald and Frances Sapone. Plenum Press, 1993.

Pocket Supermarket Guide by Mary Abbott Hess. The American Dietetic Association, 1995. Item No. 6018, \$3.50.*

The Real Life Nutrition Book by Susan Finn and Linda Stern Kass. Penguin Books, 1992.

Total Nutrition: The Only Guide You'll Ever Need by Victor Herbert and Genell J. Subak-Sharpe. St. Martin's Press, 1995.

Dr. Rosenfeld's Guide to Alternative Medicine by Isadore Rosenfeld, M.D. Softcover, 1996. \$13.95.

Diet & Nutrition Letter. HarperCollins, 1993.

The Vitamin Pushers by Stephen Barrett and Victor Herbert. Prometheus Books, 1994.

The Wellness Encyclopedia of Food and Nutrition: How to Buy, Store, and Prepare Every Variety of Fresh Food by Sheldon Margen and the Editors of the University of California at Berkeley Wellness Letter. Rebus, 1992.

Dining Lean, by Joanne Lichten. Softcover. 1998.

The following books have nutrient content information:

Bowes and Church's Food Values of Portions Commonly Used by Jean A.T. Pennington. 17th edition. Lippincott, 1998.

The Complete Book of Food Counts by Corinne T. Netzer. Dell, 1994.

Food Finder: Food Sources of Vitamins and Minerals by Elizabeth Hands. ESHA Research, 1990.

Fast Food Facts, by Marion J. Franz. 5th edition. Softcover. 1998. \$7.95.

Fad-Free Nutrition by Frederick J. Stare and Elizabeth M. Whelan. Softcover. 1998. \$14.95.

*To order ADA publications, call 800/745-0775 ext 5000 weekdays 8:30 am to 4:45 pm (Central Time) or write The American Dietetic Association, Customer Service, 216 W Jackson Boulevard, Chicago, IL 60606-6995 for a copy of the 1998-99 Products and Services catalog.

Books for Children

American Heart Association Kids' Cookbook edited by Mary Winston (for children 8-12 years old). Times Books, 1993.

Cholesterol in Children, Healthy Eating Is a Family Affair (Parent's Guide) Eating with Your Heart in Mind (7-10-year-olds) Heart Health - Your Choice (11-14-year-olds) Hearty Habits: Don't Eat Your Heart Out (15-18-year-olds)

Single copy of above booklets available free from National Heart, Lung, and Blood Institute Information Center, 301-251-1222 or write NHLBI, PO Box 30105, Bethesda, MD 20824-0105

Eating the Alphabet by Lois Ehlert. Harcourt Brace Jovanovich Publishing, 1989.

The Edible Pyramid by Loreen Leedy. Holiday, 1994.

They Enjoy and Still Take Care of Their Diabetes by Hugo Hollerorth and Debra Kaplan. Chronimed, 1993.

What We Eat: A First Look at Foods by Sara Lynn and Diane James. Thomson Learning, 1994.

What=s For Lunch Series: Corn and Rice and Bananas and Honey by Pam Robson.
4 softcover books. 1998. \$27.80.

Food Groupie Storybook and Figures Set, Food Groupie, Inc. Softcover book and
5 Figures. \$18.99

For Parents

Feeding Your Baby: From Conception to Age Two by Louise Lambert-Lagace. Surrey Books, 1991.

A Healthy Head Start: A Worry-Free Guide to Feeding Young Children by Mary Abbott Hess, Anne Elise Hunt, et al. H. Holt, 1991

How Should I Feed My Child? by Sandra Nissenberg, Margaret Bogle, et al. Chronimed, 1993.

How to Get Your Kid to Eat...But Not Too Much by Ellyn Satter. Bull Publishing, 1987.

If Your Child Is Overweight: A Guide for Parents by Susan M. Kosharek. The American Dietetic Association, 1993. Item No. 0895, \$4.95.*

Meals Without Squeals: Child Care Feeding Guide and Cookbook by Christine Berman and Jacki Fromer. Bull Publishing, 1991.

Nutrition and Meal Planning in Child-Care Programs: A Practical Guide by Sari Edelstein. The American Dietetic Association, 1992. Item No. 0195, \$17.95.*

Play Hard, Eat Right: A Parents' Guide to Sports Nutrition for Children by The American Dietetic Association. Chronimed, 1995. Item No. 6017, \$10.95.*

The following books provide useful information about pregnancy or breast-feeding:

Eating Expectantly: The Essential Eating Guide and Cookbook for Pregnancy by Bridget Swinney. Fall River Press, 1993.

Eating for Two: The Complete Guide to Nutrition During Pregnancy by Mary Abbott Hess and Anne Elise Hunt. Macmillan, 1992.

No More Morning Sickness: A Survival Guide for Pregnant Women by Miriam Erick. Plume, 1993.

The Nursing Mother's Companion by Kathleen Huggins. Revised edition. Harvard Common Press, 1995.

Food Sensitivities

Dairy Free Cookbook by Jane Zukin. Prima Publishing, 1991.

Food Allergies by Merri Lou Dobler. The American Dietetic Association, 1991. Item No. 0882, \$5.50.*

Gluten Intolerance by Merri Lou Dobler. The American Dietetic Association, 1991. Item No. 0880, \$5.50.*

The IBD Nutrition Book by Jan K. Greenwood. Wiley, 1992.

Lactose Intolerance by Merri Lou Dobler. The American Dietetic Association, 1991. Item No. 0881, \$5.50.*

The Milk Free Kitchen by Beth Kidder. H. Holt, 1991.

More from the Gluten-Free Gourmet by Bette Hagman. H. Holt, 1993.

Special Needs

Eating Hints: Recipes and Tips for Better Nutrition During Cancer Treatment. Revised edition. National Cancer Institute, 1994. NIH Publication No. 92-2079.

Living Well with HIV and AIDS: A Guide to Healthy Eating by Margaret Davis, Cade Fields Newman, et al. The American Dietetic Association, 1993. Item No. 0899, \$3.95.*

Pass the Calories, Please! A Guide For People Who Need to Eat More by Gail Farmer. The American Dietetic Association, 1994. Item No. 0820, \$12.95.*

The Renal Gourmet: Or What to Eat When Your Kidneys Quit by Mardy Peters. Emenar, Inc, 1991.

Surviving with AIDS by C. Wayne Callaway. Little, Brown, 1991.

Eat Well, Stay Well with Parkinson=s Disease by Kathrynne Holden. 1998. \$16.00.

The Blood Pressure Book by Stephen P. Fortmann and Prudence E. Breitrose, softcover. 1996. \$12.95

Good Bones by Barbara Luke. Softcover. 1998. \$14.95.

Resources for Visually Impaired/Blind Individuals

The following organizations offer special format nutrition materials, such as Braille, large print, and cassette tape books:

National Library Service for the Blind and Physically Handicapped, 1291 Taylor St NW, Library of Congress, Washington, DC 20542, 202-707-5100 or 800-424-8567.

Vision Foundation, Inc, 818 Mt Auburn St, Watertown, MA 02172, 617-926-4232.

National Foundation for the Blind, 1800 Johnson St, Baltimore, MD 21230, 410-659-9314.

For Persons with Diabetes and Their Families

The American Diabetes Association and The American Dietetic Association Family Cookbook (Family Cookbook Series v 1-4). Prentice-Hall, 1987-1991. Item Nos. 0840, 0841, 0843, \$23.00 each.*

The Art of Cooking for the Diabetic by Mary Abbott Hess and Katherine Middleton. Revised edition. New American Library, 1989.

Everyone Likes to Eat: How Children Can Eat Most of the Foods They Enjoy and Still Take Care of Their Diabetes by Hugo Hollerorth and Debra Kaplan (for elementary-school-age children). Chronimed, 1993.

Exchanges for All Occasions, How to Use the Exchange System for Health and Creative Food Choices by Marion Franz. Chronimed, 1993.

Gestational Diabetes: What to Expect by the American Diabetes Association. 1989. To order call 800-232-6733.

The Joslin Diabetes Gourmet Cookbook by Bonnie S. Polin and Frances Towner Giedt. Bantam, 1993.

Learning to Live Well with Diabetes by Marion Franz, Donnell Etwiler, et al. Chronimed, 1991.

Month of Meals: A Menu Planner (v 1-5) by the American Diabetes Association. To order call 800-232-6733.

Quick and Easy Diabetic Menus by Betty Wedman. Contemporary Books, 1993.

On Reducing Fat and Cholesterol

Controlling Your Fat Tooth by Joseph C. Piscatella. Workman Publishing, 1991.

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery by Dean Ornish. Ballantine, 1992.

Eating Smart: The ABCs of the New Food Literacy by Jeanne Jones. Macmillan, 1994.

The Johns Hopkins Complete Guide for Preventing and Reversing Heart Disease by Peter Kwiterovich and Lipid Research Clinic Staff. Prima Publishing, 1993.

The New American Diet System by Sonja L. and William E. Connor. Simon and Schuster, 1991.

Skim the Fat: A Practical and Up-to-Date Food Guide by The American Dietetic Association. Chronimed, 1995. Item No. 6016, \$10.95.* Available in bookstores.

The Balancing Act: Nutrition and Weight Guide by Georgia G. Kostas.
Quebecor Printing Book Group, 4th edition, 1996.

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 2nd edition.
The American Heart Association. Hardcover. 1998. \$25.00.

Betty Crocker's Best of Healthy and Hearty Cooking. Hardcover. 1998. \$24.95.

Sports Nutrition

Eating for Endurance by Ellen Coleman. Bull Publishing, 1992.

Nancy Clark's Sports Nutrition Guidebook by Nancy Clark. Leisure Press, 1990.

Play Hard, Eat Right: A Parents' Guide to Sports Nutrition for Children by The
American Dietetic Association. Chronimed, 1995. Item No. 6017, \$10.95.*
Available in bookstores.

From a Vegetarian Viewpoint

Beyond Alfalfa Sprouts and Cheese by Joy Gilliard and Joy Kirkpatrick.
Chronimed, 1993.

The Occasional Vegetarian by Karen Lee and Diane Porter. Warner Books, 1995.

Meatless Meals for Working People by Debra Wasserman and Charles Stahler.
2nd edition. Softcover. 1998. \$12.00.

The Complete Soy Cookbook by Paulette Mitchell. Softcover. 1998. \$17.95.

Simply Vegan: Quick Vegetarian Meals by Debra Wasserman and Reed Mangels.
Revised edition. Vegetarian Resource Group, 1995.

Newsletters

The information that follows was accurate at the time of printing. Please contact
the publishers directly for current subscription information.

Consumer Reports on Health, Box 56356, Boulder, CO 80322-6356, 800-234-
2188.

Environmental Nutrition, PO Box 420451, Palm Coast, FL 32142-0451,
800-829-5384.

FDA Consumer, Superintendent of Documents, Government Printing Office, Washington, DC 20402, 202/512-1800. Mayo Clinic Health Letter, Subscription Services, PO Box 53889, Boulder, CO 80322-3889, 800-333-9037.

Tufts University Diet & Nutrition Letter, PO Box 57857, Boulder, CO 80322-7857, 800-274-7581.

University of California at Berkeley Wellness Letter, Health Letter Associates, PO Box 420148, Palm Coast, FL 32142, 800-829-9080.

Call the Consumer Nutrition Hot Line 800-366-1655. Listen to important food and nutrition messages in English or Spanish.

Ask a registered dietitian (RD) your food and nutrition questions.

Receive a referral to a RD in your area through the Nationwide Nutrition Network.

Hours of service: Listen to food and nutrition messages from 8 am through 8 pm (Central time) Monday through Friday.

Registered dietitians are available to provide referrals and answer questions from 9 am to 4 pm (Central Time) Monday through Friday.

What is a registered dietitian (RD)?

A registered dietitian is a reliable, objective, professional source of food and nutrition advice who can separate facts from fads and translate the latest scientific findings into easy-to-understand nutrition information. A registered dietitian can provide personal attention to create an eating pattern and nutrition program designed for you.

* To order ADA publications, call 800/745-0775 ext 5000 weekdays 8:30 am to 4:45 pm (Central Time) or write The American Dietetic Association, Customer Service, 216 W Jackson Boulevard, Chicago, IL 60606-6995 for a copy of the 1998-99 Products and Services catalog.

MEMORANDUM OF INSTRUCTION

SUBJECT: National Nutrition Month Dining Facility Judging Guidelines

1. PURPOSE. To outline the guidelines used to judge the Army Dining Facilities for National Nutrition Month Nutrition Displays.

2. PROCEDURE.

A. Dining facilities will be judged by judges including representatives from Tripler Army Medical Center and the Food Service Branch, Schofield Barracks Hawaii

B. The judging will occur during the week of 16 March 1998.

C. The criteria for judging will be as follows:

1. Displaying and description of the Dietary Guidelines for Healthy Americans. There are seven (7) guidelines. A listing and description of the guidelines is attached at enclosure 1.

2. Ease of understanding for customers. Make materials available that are easy to find and easy to read for the customer.

3. Use of a variety of resources. Try to use several different handouts covering a variety of topics.

4. Identify the benefits of good nutrition to the soldier. This is the most important criteria. Judges will be looking to see if the dining facility has emphasized the importance of good nutrition in maintaining the fitness of the Army's number one credential, The Soldier.

D. Awards will be presented at the Installation Menu Board following the judging.

3. POINTS OF CONTACT.

A. CPT John E. Kent, Tripler Army Medical Center, Nutrition Care Division - 433-2368.

B. CW-4 Lionel E. Cartwright, Installation Food Advisor, Schofield Barracks HI - 655-0196

JOHN E. KENT
CPT, SP
U.S. ARMY

Dietary Guidelines for Americans

1. Eat a variety of foods
2. Balance the food you eat with physical activity -- maintain or improve your weight
3. Choose a diet with plenty of grain products, vegetables, and fruits
4. Choose a diet low in fat, saturated fat, and cholesterol
5. Choose a diet moderate in sugars
6. Choose a diet moderate in salt and sodium
7. If you drink alcoholic beverages, do so in moderation

Appropriate displays will reference the Food Guide Pyramid and descriptions of the various food groups included in the pyramid.

MEMORANDUM FOR Installation Food Advisor (CW-4 Cartwright)

SUBJECT: National Nutrition Month Dining Facility Judging Results

1. PURPOSE: Present the judging results of the 1998 National Nutrition Month Nutrition Displays.

2. RESULTS:

<u>Facility</u>	<u>Score</u>	<u>Comments</u>
Schafter	2	Unable to find any materials beside table tents
NCO Acad.	1	Materials on table behind floor buffer next to coffee pot and in disarray
A Quad	8	Nice job. Need to key benefits of good nutrition to soldiering
C Quad	8	Fit-to-Win used to show impact of good nutrition on soldiering
E Quad	3	Need to work with nutrition staff to get supply of materials
F Quad	7	Nice nutrition SOP
J Quad	12	Outstanding displays of handouts and posters. Fit-to-Win used to show impact of good nutrition on soldiering
65th Eng.	8	MRE calorie information is a good start to tie-in of nutrition and soldiering
125 Sig.	4	Need to work with nutrition staff to get supply of materials
58th MP	Closed	

3. COMMENTS:

a. The facilities were judged based on the criteria set forth in the Memorandum of Instruction dated 18 February 1998, SUBJECT: National Nutrition Month Dining Facility Judging Guidelines.

b. None of the dining facilities seemed to put forth any new efforts in preparation for this judging. This being the case, the results are a good measure of each facilities day-to-day offerings of nutrition information.

c. There is a great variation in nutrition information available in the dining facilities. The Nutrition Care Division staff from Tripler Army Medical Center (TAMC) needs to provide greater assistance to the facilities and attempt to bring all facilities up to standard.

4. POINT OF CONTACT: The point of contact for this judging is CPT John E. Kent, Nutrition Care Division, TAMC (433-2368.)

JOHN E. Kent
CPT, SP
Nutrition Care Division, TAMC

National Nutrition Month
Dining Facility Judging Sheet
U.S. Army Garrison, Hawaii

1. Criteria: Display and describe Dietary Guidelines for Healthy Americans

Standard: Display and describe all seven guidelines

_____ All seven displayed and described (4 points)

_____ 5-6 displayed and described (3 points)

_____ All seven displayed but not clearly described (2 points)

_____ < 5 displayed and/or described (1 point)

_____ 2 Bonus Points. Guidelines are tied to soldier's lifestyle

2. Criteria: Ease of Understanding

Standard: Materials are simple and easy to find in the facility.

_____ Yes (2 points)

_____ No (0 points)

3. Criteria: Use a variety of resources

Standard: Display shows some initiative in finding materials (handouts, charts, etc.) to help soldiers make nutritious choices about their eating habits and food choices.

_____ 3 or more types of materials present (4 points)

_____ 2 types of resource (3 points)

_____ 1 resource (2 points)

4. Criteria: Identify benefits of good nutrition to the soldier.

Standard: Materials include examples of how nutrition impacts a soldier's health and readiness.

_____ 3 or more examples (5 points)

_____ 2 examples (4 points)

_____ 1 example (3 points)

_____ 0 examples (-2 points)