

Appendix D: Resources

This manual and the companion self-study guide “*Peak Performance through Nutrition and Exercise*” can be found on the internet at both the Uniformed Services University of the Health Sciences (under Academics, Military and Emergency Medicine, Human Performance Lab) and the Navy Environmental Health Center (NEHC) Health Promotion web sites (addresses listed on page 141). In addition, other health promotion materials for Navy personnel can be found on NEHC’s web site.

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- ◆ EN. Whitney, CB. Cataldo, and SR. Rolfes. *Understanding Normal and Clinical Nutrition*, 5th ed. Wadsworth Publishing Company, 1998.
- ◆ US Dept. of Agriculture and US Dept. of Health & Human Services. *Nutrition and Your Health: Dietary Guidelines for Americans*, 4th ed. 1995.

World Wide Web Sites (http://...)

US Navy (Link to Navy Commands)	www.navy.mil (www.navy.mil/nol)
Uniformed Services University of the Health Sciences (USUHS), Human Performance Laboratory	www.usuhs.mil/acad/index.html (select “Human Performance Laboratory” under Military and Emergency Medicine”
Navy Bureau of Personnel PRT standards Navy Nutrition and Weight Control Self-Study Guide	www.bupers.navy.mil/services/ under “new PRT” services under “Navy Nutrition...”
Navy Environmental Health Center Health Promotions- (NEHC) Fitness Site Nutrition Site	www-nehc.med.navy.mil/hp/index.htm - .../hp/fitness/index.htm .../hp/nutrit/index.htm
Naval Health Research Center (NHRC)	www.nhrc.navy.mil
American Alliance on Health, Physical Education, Recreation, and Dance (AAHPERD)	www.aahperd.org
American College of Sports Medicine (ACSM)	www.acsm.org
American Council on Exercise (ACE)	www.acefitness.org
American Dietetic Association	www.eatright.org
American Heart Association (AHA)	www.aha.org
American Running and Fitness Association (AR&FA)	americanrunning.org
Centers for Disease Control (US surgeon general’s report)	www.cdc.gov (nccdphp/sgr/summ.htm)
National Academy of the Sciences Dietary Reference Intakes (DRIs)	www.nas.edu/ 276a.html and 287e.html
National Coalition to Promote Physical Activity (NCPA)	www.ncppa.org
National “5-A-Day” campaign websites	5aday.nci.nih.gov www.5ADAY.com

National Institutes of Health (NIH) Office of Dietary Supplements (ODS)	odp.od.nih.gov/ods/default.html
National Strength and Conditioning Association	www.nasca-lift.org
SCAN's Sports, Cardiovascular and Wellness Nutritionists	www.Nutrifit.org
US Department of Agriculture (USDA)	www.usda.gov
Shape Up America!	www.shapeup.org
US Food and Drug Association (FDA)	www.fda.gov
US Federal Trade Commission	www.ftc.gov
US Dept. of Health and Human Services	www.dhhs.gov

Note: Addresses for web sites may change. If you are not able to access a site, try to contact the parent organization or search for their new site using a web browser.