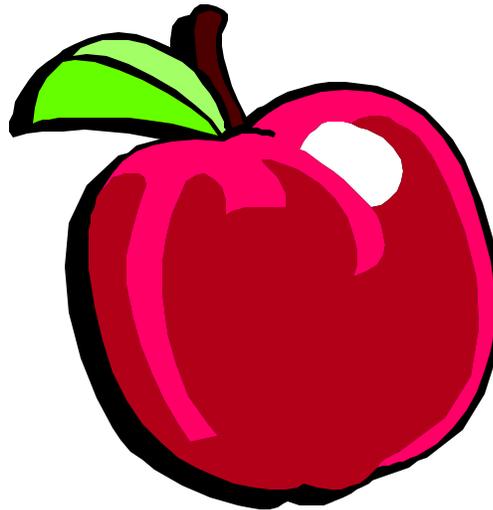


# Section B

## Resources

1. Nutrition and Dietetics Websites
2. Good Nutrition Reading List



**"FOOD & FITNESS: BUILD A HEALTHY LIFESTYLE"**  
***Eat Right America***<sup>®</sup>

# Nutrition and Dietetics Websites

## Culinary Sites

American Heart Association Cookbook (lowfat recipes)

[http://www.amhrt.org/catalog/Health\\_catpage6.html](http://www.amhrt.org/catalog/Health_catpage6.html)

Cooking Light (food and fitness, recipes, menus)

<http://www.cookinglight.com>

Culinary Professional Resource Center

<http://www.thomson.com/rcenters/cul/cul.html>

Digital Chef (ingredients, techniques, items, etc)

<http://www.digitalchef.com>

Internet Food Channel (restaurant reviews, cookbooks, chat with others)

<http://www.foodchannel.com/home.html>

Mega Bites (restaurant ratings, food newsgroups, recipes databases)

<http://www.pebbs.com/megabites/links.html>

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

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

Chef Combo (for young children- recipes, lessons)

<http://www.chefcombo.com/ccpi.htm>

Star Chefs (work from great culinary professionals)

<http://www.star chefs.com>

Chocolate Diversions (if you need that chocolate fix)

<http://www.godiva.com>

Hersheys Chocolate (learn about making of chocolate, recipes, etc)

<http://www.hersheys.com/hershey>

## Food Service and Safety Sites

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

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

Food Borne Illness Education Info Center

<http://www.nal.usda.gov/fnic/foodborne/food>

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

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

Institute for Food Science and Technology

<http://www.easynet.co.uk/ifst>

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

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

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

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

Purdue University Department of Food Science (good list of food science resources)

<http://www.foodsci.purdue.edu>

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

<http://www.fightbac.org>

### **Fun Food Sites**

Blonz Guide (neat nutrition links)

<http://www.blonz.com/blonz/indexf.htm>

Food Resource (food companies, specialty stores, recipe files, questions)

<http://www.orst.edu/food-resource/food.html>

Nutrition Links (lots of topics and other links)

<http://www.oznet.ksu.edu/dep/fnut/nutlink/n2.htm>

Nutritionist's Toolbox (calculator to figure energy needs)

<http://www.fsci.umn.edu/tools.htm>

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

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

Veggies Unite (guide to vegetarianism, recipes, books)

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

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

<http://www.dole5aday.com>

### **Sports Nutrition / Fitness Sites**

American College of Sports Medicine (certification, continuing education, publications)

<http://www.acsm.org/index.htm>

Gatorade Sports Science Institute (fluids and sports nutrition)

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

### **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/>

### **National and Private Organizations**

American Cancer Society (Search For: Nutrition)

<http://www.cancer.org/bottomsearch.html>

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>

American Medical Association

<http://www.ama-assn.org>

Center for Nutrition Policy and Promotion

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

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>

National Osteoporosis Foundation

<http://www.nof.org/Welcome.html>

### **International Organizations and Sites**

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>

World Health Organization (WHO)

<http://www.who.ch>

Mexico's Human Nutrition Institute Home Page

<http://spin.com.mx/~jledsema>

University of Guelph, Ontario, Canada, Dept of Food Science

<http://www.foodsci.uoguelph.ca>

Hunger Web at Brown University

[http://www.brown.edu/Departments/World\\_Hunger\\_Program](http://www.brown.edu/Departments/World_Hunger_Program)

### **Misc. Organizations**

Society of Chemical Industry

<http://sci.mond.org>

### **Herb/Botanicals/Alternative Medicine Sites**

American Botanical Council (scientific information on herbs)

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

Brooks Air Force Base Alternative Medicine Site

<http://www.brooks.af.mil/web/af/altmed/HOMEFRAME.htm>

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

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

### **Clinical Nutrition Sites**

American Journal of Clinical Nutrition

<http://www.faseb.org/ajcn/acjn.html>

American Society for Parenteral and Enteral Nutrition

<http://www.peakcom.com:80/clinnutr.org>

Elderly Nutrition

[http://cait.cpmc.columbia.edu/dept/dental/Dental\\_Educational\\_Software/Gerontology\\_and\\_Geriatric\\_Denistry/introduction.html](http://cait.cpmc.columbia.edu/dept/dental/Dental_Educational_Software/Gerontology_and_Geriatric_Denistry/introduction.html)

The Food Allergy Network

<http://www.foodallergy.org/index.html>

Vegetarian Resource Group

<http://envirolink.org/arrs/VRG/home.html>

### **Libraries and Directory Sites**

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

<http://chid.nih.gov>

Electronic Journals

<http://edc.com/ejournal>

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

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

Internet Public Library

<http://www.ipl.org/ref/RR/HEA>

The MERCK Manual

<http://www.merck.com>

MedWeb

<http://www.emory.edu/WHSCS/search/AT-medwebquery.html>

National Library of Medicine (Medline)

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

Nutrient Data Library

<http://www.nal.usda.gov/fnic/foodcomp>

US National Agriculture Library

<http://www.nal.usda.gov>

WebMed (top 10 sites in medicine every month)

<http://www.webmed.com/wm>

Virtual Bookstore (National Academy Press, scientific books, bookstore, reading room)

<http://www.nap.edu/>

### **Government Agencies and Data Bases**

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

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

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

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

National Cancer Institute (research, publications)  
<http://www.nci.nih.gov>

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>

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>

### **Nutrition Education Sites**

American Institute for Cancer Research  
<http://www.aicr.org>

Educational Resources Information Center (ERIC)  
<http://www.aspensys.com/eric/index.html>

Foodnet (news and information on various topics)  
<http://www.foodnet.fic.ca>

FAQ (nutrition answers to those frequently asked questions)  
<http://dejavu.oldiron.cornell.edu/~jabbo/faq.html>

Food and Nutrition Information Center  
<http://www.nal.usda.gov/fnic>

Produce for Better Health/NCI 5 a Day for Better Health  
<http://www.5aday.html>

### **Health and Wellness / Public Health Sites**

The Healthy Refrigerator (heart healthy diet)  
<http://www.healthyfridge.org.mainmenu.html>

Health Promotion Research Internet Net  
<http://www.ki.se/phs/hprin/main.html>

Health World Online: Nutrition Center (resources, supplements, recipes, FAQ)  
<http://ww.healthy.net/nutrit/kitchen/index.html>

Berkeley Diet Screener (check your diet)  
<http://www.nutritionquest.com/freescreen.html>

CyberDiet (nutritional profile tools, meal planner)  
<http://www.cyberdiet.com/>

Public Health Nutrition Info on the Web  
<http://weber.u.washington.edu/~larsson/phnutrit/internet/nutrlist.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>

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

<http://www.grahamkerr.com>

### **Business / Management Sites**

Food Dude (info on how to market a food product)

<http://www.fooddude.com>

Food Law

<http://www.fsci.umn.edu/scripts/dbml.dll?action=query&template=/currentfoolaw.dbm>

### **Pediatric / School Nutrition Sites**

Children's Nutrition Research Center (for healthy children, birth through age 18, pregnant/nursing women)

<http://www.bcm.tmc.edu/cnrc>

Early Childhood Education Online, Univ. of Maine (early childhood issues)

<http://www.ume.maine.edu/~cofed/eceol/welcome.html>

Healthy School Meals Resource System

<http://schoolmeals.nalusda.gov:8001>

Pediatric Nutrition Online (basic pediatric nutrition)

<http://www.pedsnutrition.org>

The American School Food Service Association

<http://www.asfsa.org>

## **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.

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.

### **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 FrancesSizer 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. 17<sup>th</sup> 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. 5<sup>th</sup> edition. Softcover. 1998. \$7.95.

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

Power Eating, by Susan Kleiner. Human Kinetics Publishers, Inc., 1998.

Eat Your Way to a Healthy Heart, by Liz Applegate. Simon and Schuster, 1999.

Secrets of Feeding a Healthy Family, by Ellen Satter. Allen Satter Associates, 1999.

Vitamins, Herbs, Minerals, and Supplements, revised ed., by H. Winter Griffith. Publisher Resources, Inc, 1998.

The Don't Diet , Live It! Workbook, by Andrea LoBue. Gurzes Books, 1999.

Gastrointestinal Health, Revised Ed., by Steven Peikin. Harper Collins, 1999.

The Healthy Soul Food Cookbook by Wilbert Jones. Carol Publishing Group, 1998.

Fabulous Beans, by Barb Bloomfield. Book Publishing Company, 1998.

The Phytopia Cookbook, by Barbara Gollman. Phytopia Incorporated, 1998.

### **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 copies of the booklets are 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. Ememar, 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, 2<sup>nd</sup> edition. The American Heart Association. Hardcover. 1998. \$25.00.

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

Mayo Clinic on High Blood pressure, edited by Sheldon Sheps. Kesington Publishers Association, 1999.

### **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. 2<sup>nd</sup> 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

