

Some Reliable Nutrition Web Sites

1. <http://www.health.gov/dietaryguidelines/>
2. <http://www.eatright.org/>
3. <http://www.dairycouncilofca.org/>
4. <http://www.healthletter.tufts.edu/>
5. <http://www.cspinet.org/>
6. <http://www.berkeleywellness.com/>
7. <http://www.health.harvard.edu/>
8. <http://www.medscape.com/medscapetodayhome>
9. <http://www.gssiweb.com>
10. <http://www.consumerreports.org/>
11. <http://www.environmentalnutrition.com/>
12. <http://www.fda.gov/fdac/reprints/getinfo.html>
13. <http://www.mayoclinic.org>
14. <http://www.nutrition.gov/>
15. <http://www.healthfinder.gov/>
16. <http://www.foodsafety.gov/>
17. <http://www.medlineplus.gov/>
18. <http://dietary-supplements.info.nih.gov>
19. <http://www.americanheart.org/>
20. <http://www.aicr.org>
21. <http://www.cancer.org/>

*These are all reliable sources of nutrition information that will get you STARTED toward finding information about your topics. Follow the links and access the information you need. Record the web addresses of the links for YOUR topic.

- In a written paragraph, briefly summarize what you found.
- Be prepared to discuss your findings in class next week.

The list is not exhaustive. Other web sites might also have reliable information. Use your detective skills, and see what you find.

One way to determine if you can trust the information: keep following links, and if you get to **ANYTHING** that tries to sing the praises of supplements and/or offers the nutrient for sale as a supplement, should NOT be used as a source of sound information. REPEAT: DO NOT USE THAT WEB SITE.