



Nutrition Resources



Good nutritional health is important. Learn more about nutrition to improve your nutritional health and well-being. Reliable information on nutrition helps you to make healthy food choices. You can limit food and water-borne illness too. Many agencies offer free and reliable nutrition information. Nutrition Professionals such as Registered Dietitians (RD) or Dietetic Technicians, Registered (DTR) are also reliable sources of nutrition information. Learn more about nutrition by using the resources listed here.



Internet and Telephone Nutrition and Food Resource Information

- ◆ America's Second Harvest <http://www.secondharvest.org> 800/771-2303
 - Find your local food bank or food-rescue program
- ◆ ADA/NCND - Consumer Nutrition Hot Line <http://www.eatright.org> 800/366-1655
 - Ask a nutrition professional questions about nutrition and food safety issues
- ◆ ANSA <http://www.ansanutrition.org> 202/737-1101
 - Find information on nutrition, nutritional services and food programs
- ◆ CFSAN <http://www.cfsan.fda.gov> 888/723-3366
 - Information on food safety, food-borne illness, nutrition, and dietary supplements
- ◆ Global Guidelines Project <http://www.globalguidelines.org>
- ◆ NAPWA <http://www.napwa.org> 240/247-0880
 - Find publications such as *Your Guide to Understanding Lipodystrophy Syndrome*
- ◆ National Heart, Lung, & Blood Institute <http://www.nhlbi.nih.gov> 301/592-8573
 - Information and publications on heart healthy eating
- ◆ *NUMEDX Journals* <http://www.numedx.com>
- ◆ Tufts University Nutrition & HIV Research Program 617/636-3811
 - Nutrition for Healthy Living Study <http://www.tufts.edu//med/nutrition-infection>
- ◆ USDA Meat & Poultry Hotline <http://www.fsis.usda.gov> 800/535-4555
 - Fact sheets on food preparation/safety, emergency preparedness, and food labeling

Nutrition Discussion Electronic Lists

- ◆ HIV Nutrition Discussion List <http://www.hivresources.com/Bboard1.htm>
- ◆ ProNut-HIV Discussion Group <http://www.pronutrition.org>

Nutrition Resources

- ◆ Office of Dietary Supplements <http://ods.od.nih.gov>
 - A wealth of materials on nutrition, vitamins and minerals, and dietary supplements
- ◆ End Hunger Network <http://www.endhunger.com>
 - Learn about hunger in your state and how to get involved in the fight to end it.
- ◆ Food & Drug Administration Catalog <http://www.fda.gov/opacom/catalog/alpha.html>
 - Many easy-to-read materials on nutrition and food-related subjects
- ◆ U. Missouri Ext. Food & Nutrition Materials <http://outreach.missouri.edu/main/nutrition>
 - Materials on food, nutrition and food safety
- ◆ Beef Nutrition.org <http://beefnutrition.org>
 - Consumer education and health care professionals' materials
- ◆ CDC Food Safety Office <http://www.cdc.gov/foodsafety>
- ◆ *Health Care & HIV: Nutritional Guide for Providers & Clients* <http://www.aids-etc.org>
- ◆ *A Practical Guide to HIV Drug Side Effects* http://www.catie.ca/sideeffects_e.nsf
- ◆ HIV ReSources Nutrition Links <http://www.hivresources.com/Nutrition.htm>
- ◆ AIDS Project Los Angeles <http://www.apla.org/apla/ed/nutrition.html>
- ◆ Project Open Hand San Francisco http://www.openhand.org/pages/srvs_nu_foodlife.html
- ◆ Food & Nutrition Research Briefs <http://www.ars.usda.gov/is/np/fnrb>



Important Information

Link to the 'root address' if a web site does not load correctly. You can then look for the web page that you want. Example- If <http://www.hivresources.com/badlink.htm> does not work, go to: <http://www.hivresources.com> and look for the page you want.

Fitness & Exercise

- ◆ *HIV: Nutrition & Exercise When You Have HIV* <http://familydoctor.org/handouts/457.html>
- ◆ *Exercise Immunology & HIV Infection* <http://www.medstudents.com.br/sport/sport8.htm>

Take charge of your diet to meet your daily nutritional needs. Be active and improve your nutritional status by using the resources listed here.