

# Highlights: Nutrition Resources

This fact sheet is a list of nutrition resources. All of the resources know a lot about good eating habits. Eating food that is good for you helps you to stay well. Learn more about what foods are good for you from these resources. All of the resources in this list are free of cost.



## *Internet and Telephone Nutrition Information*

- ◆ America's Second Harvest                      [www.secondharvest.org](http://www.secondharvest.org)                      800/771-2303
  - food bank and food program resources
- ◆ ADA Nutrition Information                      [www.eatright.org](http://www.eatright.org)                      800/366-1655
  - answers to nutrition questions
- ◆ ANSA                      [www.ansanutrition.org](http://www.ansanutrition.org)                      202/737-1101
  - resources on nutrition and food programs
- ◆ CFSAN                      [www.cfsan.fda.gov](http://www.cfsan.fda.gov)                      888/723-3366
  - resources on food safety
- ◆ Global Guidelines Project                      [www.globalguidelines.org](http://www.globalguidelines.org)
- ◆ NAPWA                      [www.napwa.org](http://www.napwa.org)                      240/247-0880
  - resources about AIDS and HIV
- ◆ NHLB Institute                      [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)                      301/592-8573
  - resources on heart healthy eating
- ◆ *NUMEDX Journals*                      [www.numedx.com](http://www.numedx.com)
- ◆ Tufts University Nutrition & HIV Research Program                      617/636-3811
  - healthy living program                      [www.tufts.edu//med/nutrition-infection](http://www.tufts.edu//med/nutrition-infection)
- ◆ USDA Meat & Poultry Hotline                      [www.fsis.usda.gov](http://www.fsis.usda.gov)                      800/535-4555
  - fact sheets on food safety and food labeling

## *Nutrition Discussion Electronic Lists*

- ◆ HIV Nutrition Discussion List                      [www.hivresources.com/Bboard1.htm](http://www.hivresources.com/Bboard1.htm)
  - answers to questions about HIV nutrition
- ◆ ProNut-HIV Discussion Group                      [www.pronutrition.org](http://www.pronutrition.org)



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- ◆ Office of Dietary Supplements <http://ods.od.nih.gov>
  - resources on nutrition
- ◆ End Hunger Network [www.endhunger.com](http://www.endhunger.com)
  - Learn about hunger in your state and how to end it.
- ◆ FDA Catalog [www.fda.gov/opacom/catalog/alpha.html](http://www.fda.gov/opacom/catalog/alpha.html)
  - nutrition resources that are easy to read
- ◆ University of Missouri Extension Office <http://outreach.missouri.edu/main/nutrition>
  - nutrition and food resources
- ◆ Beef Nutrition.org <http://beefnutrition.org>
  - resources on the value of food
- ◆ CDC Food Safety Office [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)
  - food safety resources
- ◆ *Health Care & HIV: Nutritional Guide for Providers & Clients* [www.aids-etc.org](http://www.aids-etc.org)
  - a guide with nutrition resources
- ◆ *A Practical Guide to HIV Drug Side Effects* [www.catie.ca/sideeffects\\_e.nsf](http://www.catie.ca/sideeffects_e.nsf)
- ◆ HIV ReSources Nutrition Links [www.hivresources.com/Nutrition.htm](http://www.hivresources.com/Nutrition.htm)
- ◆ AIDS Project Los Angeles [www.apla.org/apla/ed/nutrition.html](http://www.apla.org/apla/ed/nutrition.html)
- ◆ Project Open Hand San Francisco [www.openhand.org/pages/srvs\\_nu\\_foodlife.html](http://www.openhand.org/pages/srvs_nu_foodlife.html)
- ◆ Food & Nutrition Research Briefs [www.ars.usda.gov/is/np/fnrb](http://www.ars.usda.gov/is/np/fnrb)



## **Important Information**

Go to the main web site page if a link does not load the right way. You can then look for the web page that you want.

Example: If [www.hivresources.com/badlink.htm](http://www.hivresources.com/badlink.htm) does not work, go to: [www.hivresources.com](http://www.hivresources.com) and look for the page you want.

## ***Fitness & Exercise***

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

**Note:** This fact sheet helps people learn about nutrition.