

Health Facts

Health on the Internet: Nutrition Tools & Resources



Eating a balanced diet – with plenty of fruits, vegetables, and whole grains – is an important part of staying healthy. That being said, it's not always easy to stick to a healthy diet, given the pressures of everyday life. Also, it's not always clear how to make sense of the barrage of nutritional information the media throws our way. Fortunately, the internet offers a wide range of helpful tools and resources that can help you figure out a nutrition plan that's right for you. Read on, for good sites to visit:

- ❑ **Eating Better, Day to Day.** Need ideas for smarter shopping, or for healthy foods to feed your family (or eat yourself)? Visit www.mayoclinic.com > Healthy Living > Food & Nutrition for tips on grocery shopping strategies, menus and recipes, and building a better diet. Another great resource with information about eating a healthy diet is www.familydoctor.org > Healthy Living > Food & Nutrition.
- ❑ **Fruits and Vegetables.** Are you getting enough fruits and vegetables in your diet? The “5 a Day” program aims to get Americans to eat more servings of fruits and vegetables every day. Read more about getting *your* 5 servings a day at www.cdc.gov > Health Promotion > Nutrition > 5 a Day.
- ❑ **Daily Calorie Calculator.** How many calories a day should a person of your age, weight and activity level be eating? To find out, check out the American Cancer Society's daily calorie calculator at www.cancer.org > Prevention and Early Detection > Food and Fitness > Calculate Your Daily Calorie Needs.
- ❑ **Learning about Portion Sizes.** Are the portions you're eating too large? Too small? How do today's portions compare to those of 20 years ago? Find out by visiting the National Heart, Lung and Blood Institute's “Portion Distortion” page at <http://hin.nhlbi.nih.gov/portion/> (or by searching for ‘Portion Distortion’ at www.google.com).

New Food Pyramid

Did you know that the U.S. government recently released a new “Food Pyramid”? Read more at www.mypyramid.gov.

Keep in mind that many other valuable resources are available online to help you eat a healthy, balanced diet, and reach your nutrition goals. For more helpful and reliable information, visit <http://medlineplus.gov> > Health Topics > Nutrition.