



Eating Smart: A Nutrition Resource List for Consumers **September 2008**

This publication is a compilation of resources on general nutrition and healthy eating for the consumer. The resources are in a variety of formats: books, newsletters, and materials on the World Wide Web.

The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publication do not necessarily reflect the views of the U.S. Department of Agriculture. Contact information is provided for Web sites, organizations, and for government publications. Your local library or bookstore can help you locate books and print newsletters. Materials cannot be purchased from the National Agricultural Library (NAL).

This resource list is available from the Food and Nutrition Information Center's (FNIC) web site at <http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.pdf>. A complete list of FNIC publications can be found at http://www.nal.usda.gov/fnic/resource_lists.shtml.

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I. General Nutrition Information Resources

a. Books

American Dietetic Association's Complete Food and Nutrition Guide, 3rd Edition

Roberta Larson Duyff , MS, RD, FADA, CFCS
Hoboken, NJ: John Wiley & Sons, Inc. 2006. 678 pp.

ISBN: 9780470048429

Description: Addresses healthy eating guidelines and practical strategies for adults, teens, and children. Includes chapters on food intolerance and allergies, vegetarian eating, athletics and nutrition, and dietary supplements. Discusses how to spot health quackery and when to seek the advice of a nutrition professional.

ADA 365 Days of Healthy Eating

Roberta Larson Duyff, MS, RD, FADA, CFCS
Indianapolis, IN: Wiley Publishers, 2003, 240 pp.

ISBN: 0471442216

Description: This title contains practical hints, tips and strategies- one for each day of the year- for keeping healthy eating and regular physical activity at the top of your agenda. More than 60 simple, healthy recipes for meals and snacks are included.

ADA Pocket Supermarket Guide, 3rd edition

American Dietetic Association
New York, NY: John Wiley & Sons, Inc, 36 pp.

ISBN: 0880914076

Description: This pocket-sized guide is designed to reflect consumer shopping trends, packed with nutrition information and healthful shopping tips. A very helpful tool for making smart food choices based on personal dietary needs. This guide is arranged by food type for easy reference.

Bowes & Church's Food Values of Portions Commonly Used, 18th edition, Revised

Jean Pennington PhD, RD
Judith Douglass MS, RD
Philadelphia, PA: Lippincott, Williams & Wilkins, 2004, 496 pp.

Description: This book contains tables of the nutritional content (calories, protein, fat, carbohydrate, and 26 other nutrients) of over 8,500 foods grouped by food group. In addition, there are supplementary tables on other substances such as caffeine, alcohol, amino acids, and gluten.



The Dish on Eating Healthy and Being Fabulous

Carolyn O'Neil, MS, RD
Denise Webb, PhD, RD
New York, NY: Atria Books, 2004, 369 pp.
ISBN: 0743476883

Description: A guide for health and well-being, this book features the basics of healthy eating discussing various topics of nutrition. Tips and tricks for thinking about eating healthfully are included with recipes for all courses.

Nutrition For Dummies, 4th edition

Carol Ann Rinzler, MA
Hoboken, NJ: John Wiley & Sons, Inc., 2006, 408 pp.
ISBN: 9780471798682

Description: Nutrition for everyone. This book takes a simple approach to explaining the basics of nutrition including how the body uses food, the nutrient content of foods and how to eat a balance of foods to improve health.

Restaurant Confidential

Michael F. Jacobson, PhD
Jayne G. Hurley, RD
New York, NY: Workman Publishing Company, Inc., 2002, 381 pp.
ISBN: 0761100350

Description: With so many meals eaten away from home, this book provides practical advice for obtaining healthy restaurant meals and good nutrition overall. Chapters on various types of restaurants (Chinese, Mexican, steak houses, family-style restaurants, fast food, and more) provide charts listing the calories, total and saturated fat, cholesterol, and sodium content of many menu items along with strategies for ordering wisely.

Strong Women Eat Well: Nutritional Strategies for a Healthy Body and Mind

Miriam E. Nelson and Judy Knipe
New York, NY: Putnam Pub Group, 2001, 268 pp.
ISBN: 0399147403

Description: Covers nutrition basics as well as tips for implementing them. Translates nutrition research findings into practical guidance. Although targeted to women, this book is relevant to the whole family.

The Way to Eat

David L. Katz, MD, MPH, FACPM
Maura H. Gonzalez, MS, RD
Naperville, IL: Sourcebooks, Inc, 2004, 336 pp.
ISBN: 1570719837

Description: *The Way to Eat* helps readers identify the common barriers to healthful eating in the modern nutritional environment. Strategies for overcoming barriers are stressed.



b. Newsletter Subscriptions

American Institute for Cancer Research Newsletter

Web site: <http://www.aicr.org/site/PageServer>

Description: This free quarterly newsletter provides practical information for healthier living to reduce cancer risk. Sign up on the Web site to receive the newsletter by mail or use the following subscription information.

Subscription address:

American Institute for Cancer Research

1759 R Street NW

Washington, DC 20009

Phone: 800-843-8114 (in Washington, D.C. 202-328-7744)

Dr. Irene's Nutrition Tidbits Newsletter

Web site: <http://drirene.healthandage.com/qa3.htm>

Description: This free E-mail newsletter is created weekly by a registered dietitian. It contains practical information explaining various nutrition topics. Readers are invited to submit questions and topics for discussion. Subscribe at Web site.

Environmental Nutrition Newsletter

Web site: <http://www.environmentalnutrition.com/>

Description: Monthly, the editorial team reviews research reports, talks to the experts and the regulators, analyzes the information and provides bottom-line guidance on food and nutrition news. A free online trial is available prior to opening a paid subscription.

FDA Consumer Health Information

Web site: <http://www.fda.gov/consumer/consumernews.html>

Description: FDA sends notice of new articles that are posted on FDA's Consumer page. These timely consumer updates cover product approvals, safety warnings, and other health information.

Feeding Kids Newsletter

Website: http://nutritionforkids.com/Feeding_Kids.htm

Description: A newsletter for caregivers, providing hints and tips on how to feed kids healthfully. Articles focus on basic nutrition and meal planning. Subscribe free online.

Food Reflections Newsletter

Web site: <http://lancaster.unl.edu/food/food-reflections.shtml>

Description: This free monthly E-mail newsletter, from the University of Nebraska Cooperative Extension, provides practical messages on food, nutrition, and food safety. Print or view past issues online, or subscribe to have the newsletter delivered to your e-mail account.



Harvard Health Publications

Website: <http://www.health.harvard.edu/newsletters>

Description: A variety of newsletters focusing on all areas of health can be found through Harvard University. Titles include women's health, men's health, heart health, and mental health. Purchase subscriptions online or sign up for HealthBeat, a free e-mail newsletter.

Nutrition Action Healthletter

Web site: <http://www.cspinet.org/nah/>

Description: This newsletter, from the Center for Science in the Public Interest, reports on nutrition and food safety issues with practical tips and recipes. A selection of past feature articles can be viewed online. Open a paid subscription online or mail to the following address:

Ordering Information:

1875 Connecticut Avenue, N.W., Suite 300
Washington, DC 20009

E-mail: circ@cspinet.org

Nutrition and Your Child

Web site: <http://www.bcm.tmc.edu/cnrc/consumer/nyc/nyc.htm>

Description: Geared to parents and professionals who work with kids, this quarterly newsletter is written by experts at the USDA/ Agricultural Research Service Children's Nutrition Research Center at Baylor College of Medicine. It provides practical feeding advice and tips as well as updates on nutrition research. It is available in PDF format on the Web site, or by E-mail, at no charge.

Nutrition Spotlight

Web site: http://www.oznet.ksu.edu/dp_fnut/spotlight/welcome.htm

Description: This free newsletter covers a variety of nutrition, fitness, and food preparation topics. View current and past issues on Web site.

*The articles from 2006 and earlier are on the URL listed above. However, 2007 articles and newer are located on the following URL:

http://www.oznet.ksu.edu/dp_fnut/newnews.htm

Tufts Health & Nutrition Letter

Web site: <http://healthletter.tufts.edu/>

Description: This newsletter is based out of Tufts University; translating nutrition research into practical health guidance. Articles focus on the latest 'trends' in food and nutrition providing researched health information. Purchase a subscription online or write:

Subscription address:

P.O. Box 420235

Palm Coast, FL 32142

Phone: 800-274-7581

E-mail: healthletterhelp@tufts.edu



University of California at Berkeley Wellness Letter

Web site: <http://www.berkeleywellness.com/index.php>

Description: Provides practical information on nutrition and fitness as well as other health topics. Requires a paid subscription to view full articles in the newsletters.

Ordering Information:

University of California
Berkeley Wellness Letter
Subscription Department
P.O. Box 420148
Palm Coast, FL 32142
Phone: 1-800-829-9170

c. Magazines

Cooking Light Magazine

Web site: <http://www.cookinglight.com/cooking/>

Description: Features healthy recipes as well as articles devoted to general health and fitness. Recipes are accompanied by step-by-step instructions, as well as nutritional content and color photographs. Subscribe online or see below for subscription address:

Ordering Information:

Cooking Light Customer Service
P.O. Box 62376
Tampa, FL 33662
Phone: 205-445-6000
Fax: 205-445-6600
E-mail: cookinglight@customersvc.com

*Note: There are also free e-newsletters at the following URL:
<http://ebm.cheetahmail.com/r/regf2?a=0&aid=1078532528&n=1>.

EatingWell Magazine

Web site: <http://www.eatingwell.com>

Description: Features healthy recipes, each with nutritional content, preparation time, and difficulty ratings (easy, moderate, or challenging, most being easy or moderate). Includes articles on food preparation, ingredients, and health and nutrition topics.

Ordering Information:

EatingWell, Inc.,
823A Ferry Rd
P.O. Box 1010
Charlotte, VT 05445
Phone: (802) 425-5700



d. Web sites

American Dietetic Association (ADA)

Web site: <http://www.eatright.org>

Description: A professional organization for Dietitians, this site provides consumers with free updated information on food and nutrition. There is a site 'shop' for purchasing nutrition education materials. The "Find a Dietitian" feature allows users to locate registered dietitians in their communities.

American Institute for Cancer Research (AICR)

Web site: <http://www.aicr.org>

Description: This site has information on healthy eating, including recipes, with special emphasis on cancer prevention. While the site has materials for both professionals and consumers, the Publications section is especially rich in information geared to consumers.

Center for Science in the Public Interest (CSPI)

Web site: <http://www.cspinet.org>

Description: Site includes a variety of features on nutrition and food safety including quizzes, a kids' section, and research articles. Provides a forum for governmental nutrition policy reporting and discussion

Consumer Corner, Food and Nutrition Information Center (FNIC), National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

Web site: <http://www.nal.usda.gov/fnic/consumersite>

Description: This user-friendly site from USDA's Food and Nutrition Information Center provides access to a variety of food and nutrition publications that are mostly full-text and specifically geared to answer the questions consumers most often ask. They are organized into the major categories of Frequently Asked Questions, All About Food (Cooking, Recipes, Canning, and Definitions), Nutrition Over the Lifecycle, and Other Hot Topics (over 25 topics ranging from Anorexia to Eating Smart to Weight Management), each with many resources to inform and motivate. The section entitled Can't Find What You Want? guides the user to additional sources of information.

Cooperative Extension Services Webpage

United States Department of Agriculture Child Care Nutrition Program

Web site: http://www.nal.usda.gov/childcare/Resources/cooperative_extension.html

Description: This page lists a directory of the cooperative extensions throughout the United States. Finding the cooperative extension site for your state can direct you to health and nutrition resources local to you such as educational materials, assistance programs, and preventative health information.



Federal Citizen Information Center

Web site: <http://www.pueblo.gsa.gov>

Description: Provides access to numerous health publications which can be ordered (for free or at low cost) or viewed online. The “Food” and “Health” sections are where you can find a list of materials on nutrition, fitness, and food safety.

Food and Nutrition Information Center (FNIC), National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

Web site: <http://fnic.nal.usda.gov/>

Description: A leader in professional and consumer food and nutrition information, the FNIC Web site has a large range of information for both consumers and health professionals. The Topics A-Z feature organizes an extensive amount of information alphabetically into more than 70 topics including Breastfeeding, Child Nutrition and Health, Dietary Guidelines, Dietary Supplements and Herbal Information, Emergency Preparedness, Ethnic and Cultural Resources, Food Safety, General Nutrition, Heart Health, and Older Americans.

Go Ask Alice! Fitness and Nutrition Section

Columbia University's Health Education Program

Web site: <http://www.goaskalice.columbia.edu/Cat3.html>

Description: Discusses a variety of nutrition and fitness topics based on your personal questions. Responses are written in a casual form to relate basics of good health.

NHLBI Publications for Patients and the Public

National Heart, Lung, and Blood Institute (NHLBI)

Web site: http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm

Description: Provides access to NHLBI's publications dealing with weight control, women's health, cholesterol, and other heart health issues. This site has an extensive grouping of interactive tools for learning about nutrition and healthy eating. Some materials are available in Spanish.

Nutrition.gov

Food and Nutrition Information Center (FNIC), National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

Web site: <http://www.nutrition.gov/>

Description: Provides easy access to the best food and nutrition information from across the federal government. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe.

International Food Information Council (IFIC), Educational Booklets & Brochures Section

Web site : <http://www.ific.org/nutrition/index.cfm>

Description: IFIC's fact sheets are free and cover a wide range of food and nutrition topics, including food ingredients, food allergies, and healthy eating. Some Spanish language materials are included.



Mayo Clinic Food and Nutrition Center

Mayo Clinic

Web site:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>

Description: Multiple types of nutrition and health information can be found here. Recipes include healthful “Dietitian’s Tips.” Take health quizzes and “Ask the Specialist” your food and nutrition questions on this interactive website.

Vegetarian Resource Group

Web site: <http://www.vrg.org>

Description: Collection of resources for a vegetarian diet to include meal ideas, recipes, children and teen nutrition, and meat substitutions items. Some materials are available in Spanish.

II. Healthy Cooking Resources

a. Cookbooks

ADA Cooking Healthy Across America

ADA; Food and Culinary DPG; Kristine Napier, MPH, RD
New York, NY: John Wiley & Sons, 2005, 640 pp.

ISBN: 0471474304

Description: Drawing on the unique flavors, history and culinary traditions from all corners of the U.S., *American Dietetic Association's Cooking Healthy Across America* offers over 350 region-specific recipes that are nutritious and easy to prepare. Written by a panel of experienced dietitians and distinguished culinary professionals, each recipe provides easy-to-follow instructions and helpful cooking tips. Nutrition facts per serving are included.

American Heart Association Meals in Minutes Cookbook

American Heart Association

New York, NY: Crown Publishing Group, 2002. 368 pp.

ISBN-13: 9780609809778

Description: This spiral-bound cookbook features heart healthy recipes each with a preparation time of 20 minutes or less. Nutrition facts per serving are included.

All-New Complete Cooking Light Cookbook

Anne Chappell Cain

Birmingham, AL: Oxmoor House, 2006, 564 pp.

ISBN: 0848730232

Description: Features over 1000 recipes compiled from 19 years of Cooking Light magazine. Nutrition facts per serving are included.



Cooking Light 5-Ingredient, 15-Minute Cookbook

Anne Chappell Cain

Birmingham, AL: Oxmoor House, 1999, 240 pp.

ISBN-13: 9780848718527

Description: From the publishers of Cooking Light magazine, this cookbook contains healthy recipes that can be made from no more than 5 ingredients and in 15 minutes or less. Nutrition facts per serving are included.

The Mayo Clinic Williams-Sonoma Cookbook: Simple Solutions for Eating Well

John Phillip Carroll

New York, NY: Time Life Custom Publishing, 2002, 144 pp.

ISBN: 0848726413

Description: A resource for healthy cooking, this cookbook includes a variety of challenging recipes with unique ingredients. Nutrition facts per serving are included.

The New American Plate Cookbook Recipes for a Healthy Weight and Healthy Life

American Institute for Cancer Research

Berkeley, CA: University of California Press, 2005, 307 pp.

ISBN: 0520242343

Description: The AICR has developed a collection of over 200 recipes designed for health to help manage weight and reduce the risk of disease. Recipes emphasize fruits, vegetables and whole grains as part of a healthful menu. Nutrition facts per serving are included.

b. Recipes on the Web

American Institute for Cancer Research- Recipe Corner

American Institute for Cancer Research Website

Web site: http://www.aicr.org/site/PageServer?pagename=dc_rc_home

Description: Here you can click on links to seasonal recipes as well as meal courses including appetizers, soups, salads, and desserts. Each category has dozens of healthy menu options, each with nutrition facts included.

Delicious Decisions

American Heart Association

Web site: <http://www.deliciousdecisions.org>

Description: This online book features heart-healthy recipes, including their nutritional content. The Recipes section under the Cookbook tab allows you to search for recipes with specific ingredients you might be interested in using. Also included is general nutrition information and shopping tips.



FirstGov.gov Healthy Recipes for Citizens

FirstGov.gov for Citizens Website

Web site: <http://www.firstgov.gov/Citizen/Topics/Health/Recipes.shtml>

Description: Website lists links to different types of recipe pages with topics to include; kids recipes, cooking for a crowd, and special food collections. This unique government site also links recipes "From Famous Americans," for some historical American cooking ideas.

Fruits & Veggies MoreMatters

Centers for Disease Control and Prevention

Web site: <http://apps.nccd.cdc.gov/dnparecipe/recipe/search.aspx>

Description: Website offers searchable recipes with fruits and vegetables as the main ingredient. Here you can find ideas for every course including beverages and desserts. Nutrition facts per serving are included.

Mayo Clinic Healthy Recipes Center

Mayo Clinic Nutrition Center

Web site:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=907FC0B7-8B2C-487E-A9EAF367725890DD>

Description: This site offers recipes organized by preparation method, ingredients, number of servings, and special nutrition modifications (such as Low-Sodium). All recipes include a "Dietitian's Tip" on preparation techniques and food safety. Nutrition facts per serving are included.

Meals For You

Meals For You Website

Web site: <http://www.mealsforyou.com>

Description: Search over 8,000 recipes for meal ideas by entering your ingredient of choice. Using the advanced search feature, you can choose to exclude ingredients (like food allergies) from the recipes or request recipes with distinct nutritional content such as low fat or high vitamin C. Nutrition facts per serving are included.

Michigan.Gov Healthy Recipes

Michigan State Cooperative Extension Publication

Web site: http://www.michigan.gov/documents/RecipeBook_9313_7.pdf

Description: Designed for kids and family cooking, this printable-book has quick and easy recipes that showcase the healthy ingredients such as beans, fruits and vegetables. Nutrition facts per serving are included.



A Parent's Guide to Healthy Eating & Physical Activity

Strang Cancer Prevention Center Publication

Web site: http://www.smallstep.gov/pdf/final_parent_guide_english_%207_27_04.pdf

Description: Geared towards parents, this printable-pamphlet contains a variety of health information. Over 30 child-friendly recipes are included for building a healthy diet. Helpful cooking tips and fun food facts are linked to each recipe.

Stay Young at Heart Cooking the Heart Healthy Way

National Heart, Lung and Blood Institute- National Institutes of Health Website

Web site: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

Description: Recipes with heart healthy ingredients to serve the whole family. This site has recipes from a variety of ethnic cuisines including; Spanish, German, Italian, Mediterranean, Caribbean, Mexican and Creole. Nutrition facts per serving are included. *Note: Most of the above materials contain some vegetarian recipes; for additional resources on vegetarian cooking and nutrition, see Vegetarian Nutrition Resource List for Consumers at <http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.pdf>

III. Online Tools You Can Use

a. Food and Meal Planning

2005 Dietary Guidelines for Americans

U.S. Department of Agriculture and U.S. Department of Health and Human Services

Web site: <http://www.healthierus.gov/dietaryguidelines>

Printable PDF:

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/dga2005.pdf>

Key recommendations:

<http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

Description: The Dietary Guidelines are the government's science-based advice for a healthy lifestyle. The guidelines discuss food intake related to physical activity and healthy weight goals. The Web site also includes information on food safety, wellness promotion and diet and disease.

Calcium Quiz - What's your Calcium Intake?

Dairy Council of California

Web site: <http://www.dairycouncilofca.org/Tools/CalciumQuiz/>

Description: This interactive website allows you to enter your food choices for the day to determine how much calcium you are getting in your diet. Calcium-rich foods are listed and recommended based on your calculated intake.

Eating Well

Health A to Z

Web site: <https://www.healthatoz.com/portal/Atoz/hl/nutr/food/foodindex.jsp>

Description: Contains links to articles, recipes, interactive tools and checkers.



My Pyramid.gov

U.S. Department of Agriculture and U.S. Department of Health and Human Services

Web site: <http://www.mypyramid.gov>

Description: “My Pyramid” is the representation of the food guidance system that illustrates individual calorie needs by incorporating the food groups with physical activity levels. On the site you will find images of the pyramid to print, as well as interactive tools: “MyPyramid Menu Planner”, “My Pyramid Tracker” for planning your menus and learning the nutrition facts of your daily diet. See also “MyPyramid for Pregnancy and Breastfeeding” and “MyPyramid Blast Off” for children 6 to 11 years old.

Healthy Body Calculator

Joanne Larsen MS RD LD / Ask the Dietitian

Web site: <http://www.dietitian.com/calcbody.php>

Description: This free online program allows you to enter your personal data in analyzing the nutrient content of your diet as well as physical activity to determine your calorie needs based on your goal to lose, maintain, or gain weight.

USDA Nutrient Database for Standard Reference

U.S. Department of Agriculture

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

Description: This online searchable database allows you to look up the nutrient content of foods; including calories, water, protein, carbohydrate, fat, and vitamin and mineral amounts.

b. Search Engine Lists for Nutrition and Health Information

Healthfinder

US Department of Health and Human Services

Web site : <http://www.healthfinder.gov>

Description: Allows user to search for health information from government agencies and other reputable sources. Alternatively, user can browse by topic. A directory of health organizations is listed. The Spanish language version, Healthfinder® Espanol, is available at <http://www.healthfinder.gov/espanol/>.

MEDLINEplus

National Library of Medicine

Web Site: <http://medlineplus.gov>

Description: Allows user to search for health information or browse by topic. Features include medical dictionaries and directories. Spanish language version is available at <http://www.nlm.nih.gov/medlineplus/spanish/medlineplus.html>.



c. Guides to Choosing Reliable Health Information on the Web

Become a Savvy Surfer: Your Guide to Evaluating Health-Related Websites

Oregon Health & Science University

Web site: <http://www.croetweb.com/eval.cfm>

Description: Provides a list of considerations in evaluating health-related websites for credibility including; the author, source, date, and content. A list of additional websites discussing health-site credibility is included.

Health Information On-Line

Food and Drug Administration

Web site <http://www.cfsan.fda.gov/~dms/fdonline.html>

Description: Discusses ways to spot online health quackery and guidelines for judging the reliability of a Web site. Also has Web links to a number of reputable health organizations.

This resource list was compiled by:

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Locate additional FNIC publications at http://www.nal.usda.gov/fnic/resource_lists.shtml.

Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856

Email: <http://www.nal.usda.gov/fnic/contact.shtml>

Web site: <http://fnic.nal.usda.gov/>



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