



Older Adults General Nutrition Resource List

May 2010

This publication is a collection of general nutrition resources for older adults divided into three sections. The first section includes resources for consumers, while the second section includes resources for professionals. Resources are comprised of Web sites, pamphlets and books. The consumer section also features cookbooks and newsletters.

The third section of this publication consists of contact information for organizations with resources on nutrition for older adults. Many of the pamphlets listed in the first two sections are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are also provided for materials available online). The books may either be borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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Section I: Nutrition and Health

Web Available Resources General Nutrition and Wellness

Age Page—Healthy Eating After 50

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This 8-page brochure provides information on appropriate eating for older adults. Outlines which foods older adults should including in the diet and how much they should consume. Common concerns such as changes in taste and smell, water and fiber requirements, cutting down on salt and fat, keeping food safe and keeping costs low are addressed.

Web sites:

<http://www.nia.nih.gov/HealthInformation/Publications/healthyeating.htm>

http://www.nia.nih.gov/NR/rdonlyres/4B267E65-7F01-472B-8FCE-24E3DB72FF28/14109/HealthyEatingAP_FEB262.pdf (PDF 120KB)

Ordering Information: Print copies may be ordered for free online or by phone from the National Institute on Aging. See Section III for contact information.

Consumer Corner: Seniors

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center

Description: Nutrition topics of interest to seniors such as healthy eating to reduce risk of disease, and dealing with changes that affect eating (such as taste changes or having to cook for one).

Web site:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=358&topic_id=1612&level3_id=5954&level4_id=0&level5_id=0&placement_default=0

Eating Well as You Get Older ~ NIHSeniorHealth

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging, National Library of Medicine

Description: Online resource with information and videos for seniors about how to eat well, eat safely, shop wisely and more. Large text availability, contrast and speech toggle improve resource's accessibility for older adults.

Web site: <http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html>

Fit and Fabulous as You Mature

U.S. Department of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

Description: This 20-page booklet provides tips for healthy eating and safe



physical activity for older adults. Resource includes information about label reading, serving sizes and eating away from home.

Web sites: <http://win.niddk.nih.gov/publications/mature.htm>
<http://win.niddk.nih.gov/publications/PDFs/FitandFabulous2004.pdf> (PDF 601KB)

Ordering Information: Print copies may be ordered for free online or by phone from the Weight-control Information Network. See Section III for contact information. Ask for NIH Publication No. 03-4927.

Food Insight: Healthy Aging - Living Well, Living Longer

International Food Information Council Foundation

Description: This section of the Food Insight Web site includes online resources and articles for older adults on food safety, nutrition, and physical activity. Also incorporates information on preventing specific health conditions such as diabetes and heart health and on caring for aging bones and muscles.

Web site:

http://www.foodinsight.org/Resources/Detail.aspx?topic=Healthy_Aging

Healthy Aging

American Dietetic Association

Description: Links to several online fact sheets including: “Healthy Eating for Older Adults”, “Special Nutrient Needs of Older Adults”, “How Many Calories Do Older Adults Need?”, “Preventing Food Poisoning for Older Adults”, “Nutrition and Older Men”, “Nutrition and Older Women”, and “Food Safety Risks for Older Adults.”

Web site: <http://www.eatright.org/Public/content.aspx?id=6837>

NIHSeniorHealth.gov: Healthy Aging

U.S. Department of Health and Human Services, National Institutes of Health

Description: This section of the NIHSeniorHealth.gov Web site provides comprehensive nutrition-related information as well as a variety of other health and medical information specific to older adults. NIHSeniorHealth.gov was created by the National Library of Medicine and the National Institute on Aging.

Web site: <http://nihseniorhealth.gov/category/healthyaging.html>

Nutrition and Aging

Colorado State University Cooperative Extension

Description: Fact sheet includes information on dealing with sensory and physical changes, specific nutrient needs, eating a variety of foods, eating alone, and tips for food budgeting.

Web site: <http://www.ext.colostate.edu/pubs/foodnut/09322.html>
<http://www.ext.colostate.edu/pubs/foodnut/09322.pdf> (PDF 230KB)



Nutrition for Seniors: Healthy Eating Tips for Older Adults

Helpguide

Description: Online fact sheet provides information for older adults on how to overcome many challenges to eating right including loss of appetite, eating alone, being unable to shop or cook for oneself, meeting nutrition recommendations and overcoming old habits.

Web site: http://www.helpguide.org/life/senior_nutrition.htm

Senior Series Fact Sheets

Ohio State University Extension, Ohio Department of Aging, Ohio Aging Network

Description: These fact sheets are on a variety of topics ranging from general healthy diet information for older adults and reducing the risk of foodborne illness to grocery shopping for one or two and stretching and flexibility. Relevant sections include “Consumer Affairs,” “Health & Fitness,” “Medications” and “Nutrition.” Each issue of the Senior Series is available in HTML and PDF formats.

Web site: <http://fcs.osu.edu/hdfs/stages-of-life/aging/factsheet.php>

Young at Heart: Tips for Older Adults

U.S. Department of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

Description: Young at Heart is a booklet that provides tips for healthy eating and safe physical activity for older adults. Defines a healthy weight and offers ideas for planning and preparing meals. Also available in Spanish.

Web sites: http://win.niddk.nih.gov/publications/young_heart.htm
<http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf> (PDF 857KB)

Ordering Information: Print copies may be ordered for free online, by mail, or by phone from the Weight-control Information Network. Ask for NIH Publication No. 02–4993. See Section III for contact information.

Disease Prevention

It’s Not Too Late to Prevent Diabetes

U.S. Department of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Education Program

Description: This 3-page booklet includes physical activity and nutrition tips and resources to help prevent or delay the onset of diabetes.

Web site: <http://ndep.nih.gov/publications/OnlineVersion.aspx?Ndepld=NDEP-75>

http://ndep.nih.gov/media/nottoolate_tips.pdf (PDF 128KB)



Ordering Information: Up to 25 print copies may be ordered for free online, by mail, or by phone from the National Diabetes Education Program. See Section III for contact information. Publication number is NDEP-75. Order online at <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=75>

Nutrition After Fifty

American Institute for Cancer Research

Description: Written specifically for people over the age of 50, this 40-page brochure provides general information and practical strategies for maintaining a healthy diet appropriate for cancer prevention. It includes answers to common age-related nutrition questions and recipes that are healthy and easy to prepare.

Web site:

http://www.aicr.org/site/DocServer/Nov2007_After_50_FINAL.pdf?docID=1571 (PDF 2MB)

Ordering Information: Up to 6 print copies may be ordered for free online, by mail, or by phone from the American Institute for Cancer Research. See Section III for contact information. Order online at

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

Osteoporosis ~ NIHSeniorHealth

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging, National Library of Medicine

Description: Online resource with information and videos for seniors about osteoporosis, including risk factors and prevention, warning signs, treatment and research, frequently asked questions and more. Large text availability, contrast and speech toggle improve resource's accessibility for older adults.

Web site: <http://nihseniorhealth.gov/osteoporosis/toc.html>

Prevent and Control High Blood Pressure: What every mid-life and older American should know

U.S. Department of Health and Human Services, National Institutes of Health, National Heart Lung and Blood Institute

Description: This 2-page fact sheet explains the risks associated with high blood pressure and provides tips for preventing heart disease. Offers eight ideas to prevent high blood pressure.

Web site: <http://hp2010.nhlbihin.net/mission/partner/midlife.pdf> (PDF 208KB)

Ordering Information: Print copies may be ordered for \$0.25 each online, by mail, or by phone from the National Heart Lung and Blood Institute. See Section III for contact information. Order online at

<http://emall.nhlbihin.net/product2.asp?sku=04-5240>.



Physical Activity

Age Page—Exercise and Physical Activity: Getting Fit For Life

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This handout provides examples of ways to be active and gives safety tips for starting an exercise routine. Also available in Spanish.

Web sites: <http://www.nia.nih.gov/HealthInformation/Publications/Exercise.htm>
<http://www.nia.nih.gov/NR/rdonlyres/91DBE1D1-2136-4C6E-8A01-C747E94DD605/13006/ExercisepartsAP62209.pdf> (PDF 109KB)

Spanish:

<http://www.nia.nih.gov/HealthInformation/Publications/Spanish/exercise-sp.htm>

Ordering Information: Print copies may be ordered for free online or by phone from the National Institute on Aging. See Section III for contact information.

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This 7-chapter guidebook provides information on the benefits of exercise, how to get started and stay motivated, improving or maintaining endurance, strength, balance, and flexibility. It also reviews healthy eating and proper nutrition. Sample endurance, strength, balance, and flexibility exercises are provided, with pictures and instructions for each exercise. Available in English and Spanish.

Web sites:

<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>
[http://www.nia.nih.gov/NR/rdonlyres/E2A819E3-8BAA-46AA-89E8-321B527D8A2B/0/Exercise and Physical ActivityYour Everyday Guide from The NIA.pdf](http://www.nia.nih.gov/NR/rdonlyres/E2A819E3-8BAA-46AA-89E8-321B527D8A2B/0/Exercise%20and%20Physical%20ActivityYour%20Everyday%20Guide%20from%20The%20NIA.pdf) (PDF 4.9MB)

Ordering Information: Print copies may be ordered for free online or by phone from the National Institute on Aging See Section III for contact information.

Fitness Facts, Tips & Handouts

American Senior Fitness Association

Description: This resource is a collection of six handouts containing fitness information and tips for older adults who are beginning or expanding an exercise program.

Web site: <http://www.seniorfitness.org/sfagit.htm>



Introduction to Exercise

Arthritis Foundation

Description: This Web article provides an overview of staying active with arthritis. Information, links and videos on walking, staying hydrated, and range of motion is provided. The Foundation also produces *Take Control with Exercise*, a 60-minute fitness DVD or VHS video available for purchase. Though created for individuals with arthritis, this resource could be useful for any older adult looking for help with low impact physical activity.

Web site: <http://www.arthritis.org/exercise-intro.php>

Ordering Information: To order a DVD or VHS copy of *Take Control with Exercise*, visit the online ordering page:

[http://afstore.arthritis.org/AFConsumerStore/SearchProductAction.do? \\$action=Search&text=835.9035](http://afstore.arthritis.org/AFConsumerStore/SearchProductAction.do? $action=Search&text=835.9035) or call the Arthritis Foundation Store at 1-800-283-7800.

Ask for item # 835.9035 (DVD) or 835.9045 (VHS). Charges may apply.

Physical Activities Workbook

AARP

Description: This colorful and easy-to-use booklet shows older adults how to add physical activity into a daily routine. Explains how to start safely, set goals, develop a support network, find motivation, and overcome barriers. Order online from the Web site below, or by telephone.

Ordering Information: See Web site for link to online Health Publications Order Form: http://www.aarp.org/health/conditions-treatments/info-05-2010/health_publications_order_form.html or call 1-888-OUR-AARP (888-687-2277). Ask for stock number D561.

Special Concerns for Older Adults

Food Assistance/Food Resource Management (including Thrifty Food Shopping, Meal Planning and Cooking)

Eldercare Locator

U.S. Department of Health and Human Services, Administration on Aging

Description: The Eldercare Locator is a public service that helps older adults and caregivers locate aging services in communities throughout the United States. Support is available via the Internet or over the telephone in Spanish and English. Eldercare Locator provides information on home delivered meals, home health services, transportation, and other related services.

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

Phone: 800-677-1116



Food Bank Locator

Feeding America

Description: Find contact information on emergency food providers such as food banks and food rescue programs in all 50 states and Puerto Rico through their Internet database or telephone support.

Web site: <http://feedingamerica.org/foodbank-results.aspx>

Phone: 800-771-2303

Making Your Kitchen “User Friendly”

Ohio State University Extension and Ohio Department of Aging

Description: This fact sheet helps older adults adapt their kitchen to make it easier to cook and use appliances. Estimated costs for each suggestion are provided.

Web sites: <http://ohioline.osu.edu/ss-fact/0179.html>

<http://ohioline.osu.edu/ss-fact/pdf/0179.pdf> (PDF 39KB)

Manage Your Food Dollars Wisely

U.S. Department of Agriculture, National Agricultural Library, SNAP-Ed Connection

Description: A collection of Web-available, print-ready nutrition education materials focused on food resource management. Includes shopping tips, food budgeting handouts, thrifty cooking ideas and more.

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

Meals on Wheels Locator

Meals on Wheels Association of America

Description: The Meals on Wheels Association of America represents those who provide meal services to homebound people in need. This Web site provides information including address, telephone number and directions to Meals on Wheels service locations across the country.

Web site: www.mowaa.org/Page.aspx?pid=253

Phone: 703-548-5558

Nutrition Assistance Resource Guide

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center

Description: This publication contains resources for individuals in need of food and nutrition assistance. It includes a list of federal nutrition assistance programs, eligibility guidelines for each program, and resources to access more information about the programs.

Web site: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance.pdf>
(PDF 118KB)



Supplement (designed for those without access to the Internet):

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance-supplement.pdf>
(PDF 555KB)

Ordering Information: Contact Food and Nutrition Information Center. See Section III for contact information.

Quick and Healthy Nutrition on a Budget

American Dietetic Association, Gerontological Nutritionists Dietetic Practice Group

Description: A collection of fact sheets prepared specifically for older adults on topics related to food resource management including foods to have on hand, snack food ideas, finger food ideas, grocery shopping suggestions, budgeting tips and dealing with financial change. Fact sheets are Microsoft Word documents and contain large print text.

Web site:

<http://www.fiu.edu/~gn/Resources/QuickandHealthyNutritiononaBudget.htm>

Stretching Your Food Dollars

Oregon State University Extension, Eat Well for Less

Description: This is a Web-based learning module divided into two sections: *Strategies at Home* and *Strategies at the Store*. Each section provides tips and information on spending food dollars wisely in each environment. The self-paced module can be completed in approximately 20-30 minutes.

Web site:

<http://extension.oregonstate.edu/fcd/nutrition/ewfl/module3/dollars1.html>

Supplemental Nutrition Assistance Program (SNAP) Special Rules for the Elderly or Disabled

United States Department of Agriculture, Food and Nutrition Service, Supplemental Nutrition Assistance Program (SNAP)

Description: This resource is an online fact sheet which provides information on the application process for food stamps and reviews eligibility requirements specific to older adults.

Web site:

http://www.fns.usda.gov/snap/applicant_recipients/eligibility.htm#Special



What's For Dinner? Independent Tips for Cooking and Dining

Iowa COMPASS Center for Disabilities and Development

Description: This brochure contains information on aids and adaptations for use in the kitchen and dining room. Information is targeted toward individuals who experience difficulties in handling kitchen tools or silverware.

Web sites:

<http://www.uiowa.edu/infotech/Elder.htm#What%27s%20for%20Dinner>

<http://www.uiowa.edu/infotech/Whatsfordinner.pdf> (PDF 169KB)

<http://www.vda.virginia.gov/pdfdocs/Whatsfordinner.pdf> (PDF 85KB)

Food Safety

Food and Drug Administration Automated Information Line

U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition (CFSAN) Outreach and Information Center

Description: The Food and Drug Administration (FDA) Hotline is available to answer questions about safe handling of foods, cosmetics and dietary supplements. This service provides recorded messages 24 hours a day and has information specialists available to respond to specific inquiries during the business hours noted below. The service also offers many CFSAN documents available by fax or mail.

Phone: 888-SAFEFOOD (888-723-3366) TTY: 800-877-8339

Information specialists are available from 10:00 a.m. to 4:00 p.m. Eastern Time, Monday through Friday, except Federal holidays.

Food Safety for Older Adults

United States Department of Health and Human Services, FoodSafety.gov

Description: This Web site provides links to resources on food safety for older adults including general information booklets and podcasts from the Food Safety and Inspection Service (FSIS) and the Food and Drug Administration (FDA). A 19-page booklet from FSIS provides an in-depth look into food safety and information about bacteria and germs that cause foodborne illness (food poisoning). The material reviews common foods that are a high risk of causing foodborne illness and provides advice on safe food shopping, transport, and storage. The publication contains a description of symptoms of foodborne illness and offers an action plan for when symptoms are suspected.

Web site: <http://www.foodsafety.gov/keep/groupofpeople/olderadults/>

Food Safety for Older Adults brochure:

http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf (PDF 1MB)

http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults_Text.pdf (Text only PDF 134KB)



Food Safety for Seniors

U.S. Department of Health and Human Services, Food and Drug Administration, Office of Women's Health

Description: Older adults are at a higher risk of becoming ill from eating raw foods. This online fact sheet teaches what foods to avoid and why.

Web sites: http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors.htm
http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors.pdf (PDF 107KB)
http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors_sp.htm

Ordering Information: Call 888-8 PUEBLO (888-878-3256) and ask for publication 594V (or 831V for Spanish)

To Your Health! Food Safety for Seniors

U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition

Description: This is a 17-page booklet which provides comprehensive information about food safety for older adults. The booklet defines who is at risk of and how to recognize a foodborne illness (food poisoning), as well as outlining safe temperature ranges for various foods.

Web sites:

<http://www.fda.gov/Food/ResourcesForYou/Consumers/Seniors/ucm182679.htm>
<http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/Seniors/UCM182784.pdf> (PDF 852KB)
<http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/Seniors/UCM182785.pdf> (PDF in Spanish 669 KB)

USDA Meat and Poultry Hotline

United States Department of Agriculture, Food Safety and Inspection Service (FSIS)

Description: This toll-free hotline is staffed by food safety specialists who can answer questions about the safe storage, handling, and preparation of meat, poultry and egg products. Recorded messages are also available. Questions can be answered in English and Spanish. Questions can also be emailed to the hotline, or you can ask questions virtually via a live chat through "Ask Karen."

Phone: 888-MPHotline (888-674-6854) TTY: 800-256-7072

Information specialists are available Monday through Friday 10 a.m. to 4 p.m., EST. Closed on Federal Government holidays except Thanksgiving Day. Hours of operation on Thanksgiving are 8 a.m. to 2 p.m., EST.

Email: mph hotline.fsis@usda.gov

Ask Karen Web site:

http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp

Chat services are available Monday through Friday, 10:00 a.m. – 4:00 p.m. Eastern Time (except Federal Holidays).



Fiber and Regularity

Age Page—Concerned about Constipation?

U.S. Department of Health and Human Services, National Institutes of Health, National Institutes of Aging

Description: This fact sheet reviews possible causes, treatment and resources for dealing with constipation. Available in English and Spanish.

Web sites:

<http://www.nia.nih.gov/HealthInformation/Publications/constipation.htm>

<http://www.nia.nih.gov/HealthInformation/Publications/Spanish/constipation-sp.htm> (Spanish)

<http://www.nia.nih.gov/NR/rdonlyres/4791BE38-1CB9-4E53-9D64-1588C12C6139/0/ConstipationpartsAPFINALforprinting111908.pdf> (PDF 520KB)

The Facts About Fiber

American Institute for Cancer Research

Description: This 4-page brochure discusses the types of fiber, the importance of a high fiber diet, and daily fiber requirements. It also lists the amount of dietary fiber found in common foods.

Web site: <http://www.aicr.org/site/DocServer/FPC-E7B-FIW.pdf?docID=1547> (PDF 595KB)

Order Information: Up to 6 print copies may be ordered for free online, by mail, or by phone from the American Institute for Cancer Research. See Section III for contact information. Order online at

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

What I Need to Know About Constipation

U.S. Department of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases

Description: This is a Web site providing an overview of constipation. It provides information on the diet and lifestyle changes individuals can make to prevent constipation and stay regular. Available in Spanish and English.

Web sites:

http://digestive.niddk.nih.gov/ddiseases/pubs/constipation_ez/index.htm (English)

http://digestive.niddk.nih.gov/spanish/pubs/constipation_ez/index.htm (Spanish)

Order information: Single print copies available free. Additional packages of 25, \$10.00. Call, write or order online at:

<http://catalog.niddk.nih.gov/detail.cfm?ID=175>. Ask for DD-168. See Section III for contact information.



Dietary Supplements/Food-Drug Interactions

The Age Page—Dietary Supplements

U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This 12-page brochure outlines the safety and nutrition factors that one should review when considering dietary supplements. Reviews the definition of dietary supplements and reinforces a balanced diet of foods as the primary source of good nutrition.

Web sites:

<http://www.nia.nih.gov/HealthInformation/Publications/supplements.htm>

http://www.nia.nih.gov/NR/rdonlyres/6581089F-F9FB-4677-9341-68C304DB52A8/9765/Diet_parts_AP_FINAL.pdf (PDF 196KB)

Dietary Supplements: General Resources for Consumers

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center

Description: This is a bibliographic resource list compiled and reviewed to provide consumers with reliable and credible information sources on dietary supplements.

Web site:

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsconsumers.pdf> (PDF 132KB)

Healthy Living for Elders: Food Can Affect Your Medicines

University of Florida, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Services

Description: This easy-to-read fact sheet for older adults reviews certain foods and food groups that may need to be avoided when taking some medicines.

Web sites: <http://edis.ifas.ufl.edu/fy676>

<http://edis.ifas.ufl.edu/pdf/files/FY/FY67600.pdf> (PDF 158KB)

Preventing Food-Drug Interactions

University of Georgia Cooperative Extension Service

Description: This 2-page fact sheet provides an overview of how to prevent negative interactions between food and medications. The importance of discussing possible interaction with a medical provider is highlighted and a list of foods that have potentially negative interaction with many medications is provided.

Web site: <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-5a.pdf> (PDF 133KB)



Tips for Older Dietary Supplement Users

U.S. Department of Health and Human Services, Food and Drug Administration,
Center for Food Safety and Applied Nutrition

Description: This is an online resource with information and links relating to dietary supplements. Topics include “points to ponder” before buying a supplement, the safety of dietary supplements, and tips on how to read product claims critically. Available in English and Spanish.

Web site:

<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110493.htm>

Books, Cookbooks and Newsletters

American Dietetic Association Complete Food and Nutrition Guide

Roberta Larson Duyff, MS, RD, FADA, CFCS

Wiley Publishing, Inc., 2006

ISBN: 0470048425

NAL Call Number: RA784 .D89 2006

Description: This book serves as a nutrition guide based on MyPyramid and the 2005 Dietary Guidelines for Americans. Practical tips and advice for every stage of life are offered. The book includes sections on making good food choices, finding a healthy weight, the basics of healthful eating, smart eating at the store and smart eating with MyPyramid.

Community Resources for Older Adults: Programs and Services in an Era of Change, 3rd Edition

Robbyn R. Wacker and Karen A. Roberto

SAGE Publications, 2008

ISBN: 2007031735

NAL Call Number: HV1461.W32 2008

Description: Information for students, professionals and older adults on community resources available for older adults, as well as how programs exist through federal legislation, who they are for, and how they are funded and delivered.

Nutrition for Life

Lisa Hark, PhD, RD and Darwin Deen, MD

DK Publishing, Inc., 2007

ISBN: 0756605229

Description: This book provides information on the specific nutritional needs of older adults and guidance on assessing health and lifestyle. Different types of fats are reviewed, as well as vitamins and minerals, principles of weight management, and disease prevention.



Cookbooks

Cooking Solo

The Capital Area Food Bank

Description: This cook book was created to use as a tool for those who prepare small meals for one or two people. Recipes are included for main dishes, side dishes, soups and salads.

Web site:

[http://www.greenbeltmd.gov/seniors/Expert_Information/Cooking_for_1_Recipe_Book%20 2 .pdf](http://www.greenbeltmd.gov/seniors/Expert_Information/Cooking_for_1_Recipe_Book%202.pdf) (PDF 207KB)

Cooking Solo – Homemade for Health

American Institute for Cancer Research

Description: This is a 36-page cookbook which provides information and recipes on healthy cooking for one. Tips on modifying prepared foods for better health are provided, along with menu planning suggestions and food storage advice. Paper copies of this book may be ordered from the Web site, or it can be downloaded as a PDF.

Web site:

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

Diabetic Cooking for Seniors

Kathleen Stanley, CDE, RD, LD, MEd
American Diabetes Association, 2001

ISBN: 1580400736

NAL Call Number: RC660.75 .S73 2001

Description: This cookbook addresses many common issues that older adults face as they age. Chapters discuss difficulty in meal preparation due to arthritis, decreased taste sensations, food-drug interactions, and increased fiber needs. The recipes contain five or fewer ingredients and are arranged into categories such as low-cholesterol meals, low-sodium dishes, and foods with more fiber. Recipes are written specifically for a diabetic audience, but are appropriate for anyone seeking healthy recipes.

Quick, Delicious, and Nutritious: Fabulous Healthy Meals for Folks Over 50

Gayle K. Wood, Editors of FC&A Publishing
FC&A Publishing, 2004

ISBN: 1932470360

Descriptions: This is a collection of recipes and meals appropriate for one or two people. The book is specifically designed for older adults and takes into account their specific nutritional needs. Kitchen hints and shopping tips are also included.



The New American Heart Association Cookbook, 8th Edition

American Heart Association
Crown Publishing Group, 2010

ISBN: 0307407578

Descriptions: This cookbook offers advice on simple, heart-healthy meals that everyone can enjoy. It contains over 600 recipes and can also be a resource for menu planning, shopping for healthful ingredients, and healthy holiday cooking. Balance, variety, and common sense are all emphasized.

The New American Plate: Veggies

American Institute for Cancer Research

Description: This 44-page booklet “Offers exciting ideas for jazzing up your veggies and recipes for preparing the ones you've never tried!” Introductory sections outline tips for selecting and storing a variety of vegetables.

Ordering Information: Order paper copies or download a PDF version of the document at:

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

Newsletters

National Center for Physical Activity and Disability, *NCPAD NEWS*

Ordering Web site:

<http://www.ncpad.org/newsletter/newsletter.php?letter=current>

Format: Electronic newsletter

Frequency: Monthly

Fee: No

American Cancer Society, *New Connections*

Ordering Web site: <http://www.newconnections-cancer.org/>

Format: Electronic newsletters

Frequency: Bimonthly

Fee: No

American Institute for Cancer Research, *NEWSLETTER*

Ordering Web site:

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

Format: Paper copy

Frequency: Quarterly

Fee: No



American Institute for Cancer Research, eNews

Ordering Web site:

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

Format: Electronic newsletters

Frequency: Monthly

Fee: No

AARP, AARP Health

Ordering Web site: <http://wssrv.mansellgroup.net/aarp/allsignup.aspx>

Format: Electronic newsletter

Frequency: Monthly

Fee: No

Johns Hopkins Health Alerts, *Medical Letter: Health After 50*

Ordering Web site:

http://www.johnshopkinshealthalerts.com/health_after_50/index.html

Ordering Phone: Inside US and Canada Toll Free: 800-829-0422

Format: Paper copy

Frequency: Monthly

Fee: Yes

Tufts University, *Health & Nutrition Letter*

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

Ordering Phone: 1-800-274-7581, Outside U.S.A. call: 386-447-6336

Format: Paper copy

Frequency: Monthly

Fee: Yes

University of California, *Berkeley Wellness Letter*

Ordering Web site: <http://www.wellnessletter.com/index.html>

Ordering Phone: 1-800-829-9170

Format: Paper copy

Frequency: Monthly

Fee: Yes



Section II: Older Adults and Nutrition – Resources for Professionals

Contact Information for State Units on Aging and Administration on Aging Nutritionists and Administrators

Florida International University, National Resource Center on Nutrition, Physical Activity and Aging

Description: Reference for contacting state nutritionists and administrators.

Web site:

http://nutritionandaging.fiu.edu/aging_network/SUA_nutritionist_directory.asp

Dietary Reference Intakes (DRI) for Older Adults

Florida International University, National Policy and Resource Center on Nutrition and Aging

Description: This table provides DRI values for men and women for ages 51 to 70 and over 70. They include the Recommended Dietary Allowances (RDAs) or Adequate Intake (AI) (whichever is available), and the Tolerable Upper Intake Level (UL). The tables were compiled using data from the Institute of Medicine's *Dietary Reference Intakes*.

Web site:

<http://www.fiu.edu/~nutreldr/SubjectList/D/DRI%20Table%203%20pages%209-13-2004.pdf> (PDF 169KB)

Eat Smart, Live Strong: Nutrition Education for Older Adults Activity Kit

United States Department of Agriculture, Food and Nutrition Service

Description: This toolkit is designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs. The USDA Food and Nutrition Service (FNS) developed the intervention to help program providers and communities improve the health of a growing number of low-income older adults.

Web site:

http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=0&level5_id=0&placement_default=0

Ordering information: SNAP education providers can order the Activity Kit from the SNAP Outreach and Nutrition Education Materials Ordering Center at <http://foodstamp.ntis.gov>. Others are welcome to download the materials for free from the Web site.



Food/Drug and Drug/Nutrient Interactions

University of Florida, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences

Description: This 10-page handout discusses the different groups and medicines and provides tables with examples of food/drug and drug/nutrient interactions that could be harmful to the body.

Web sites: <http://edis.ifas.ufl.edu/he776>
<http://edis.ifas.ufl.edu/pdffiles/HE/HE77600.pdf> (PDF 125KB)

Lifecycle Nutrition: Aging

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center

Description: This Web resource consists of links to credible information and resources on nutrition and older adults. Topics include healthy eating, nutrition challenges related to aging, food safety issues and food assistance programs.

Web site:
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&topic_id=1355

Modified MyPyramid for Older Adults

Tufts University, Friedman School of Nutrition Science and Policy

Description: Researchers at Tufts University have developed a modified MyPyramid that emphasizes the nutritional needs of adults over age 70. Nutrient dense foods, fluid balance and regular physical activity are all highlighted.

Web site: http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html

Older Americans Act and Aging Network

U.S. Department of Health and Human Services, Administration on Aging

Description: Includes links to the Older Americans Act (OAA), the Older Americans Act Reauthorization and the National Aging Network. The OAA Web site includes an outline of 2006 Amendments to the OAA and page on Frequently Asked Questions. The National Aging Network Web page includes links to OAA activities in your state and tools and resources related to the OAA.

Web site: http://www.aoa.gov/AOARoot/AoA_Programs/OAA/Introduction.aspx

Older Americans Nutrition Program Toolkit

Florida International University, National Resource Center on Nutrition, Physical Activity and Aging

Description: This toolkit is designed to assist Older Americans Act Nutrition Programs and the Aging Network improve programs serving older adults. The 239-page kit identifies the best practices, discusses mechanisms for



collaboration and partnership building, and reviews how to attain resources to improve methods of delivery service.

Web sites: http://nutritionandaging.fiu.edu/OANP_Toolkit/
http://nutritionandaging.fiu.edu/OANP_Toolkit/toolkit%20update%202.7.06.pdf
(PDF 4MB)

Reference Guide of Physical Activity Programs for Older Adults: A Resource for Planning Interventions

Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Nutrition and Physical Activity

Description: A practical tool for health practitioners to involve older adults in physical activity. The guide describes multiple programs for promoting physical activity among older adults in the United States.

Web site: <http://www.cdc.gov/diabetes//pubs/pdf/RefGuideofActivity.pdf> (PDF 65KB)

Ordering Information: Limited quantities available free of charge. Ask for Publication Number 99-8799. See Section III for Contact Information.

Books

Geriatric Nutrition: The Health Professional's Handbook, 3rd Edition

Ronni Chernoff

Jones and Bertlett Publishers, 2006

ISBN: 0-7637-3181-1

NAL Call Number: RC952.5.G443422006

Description: Complete reference on nutrition for older adults, including nutrient requirements, taste and smell decline, oral health, swallowing problems, and problems that may arise in other body systems.

Handbook of Nutrition in the Aged, 4th Edition

Ronald Ross Watson, Editor

CRC Press, Taylor & Francis Group, 2009

ISBN: 978-1-4200-5971-7

NAL Call No: QP86. C7 2009

Description: This professional resource includes information on nutrition requirements for older adults, as well as information on health promotion, bioactive foods and nutrients, and fruits and vegetables to prevent illness.



Healthy Ageing: The Role of Nutrition and Lifestyle

Sara Stanner, Rachel Thompson and Judith L. Buttriss, Editors
Wiley-Blackwell, 2009

ISBN: 978-1-4051-7877-8

NAL Call Number: RA564.8H456 2009

Description: Resource for professionals includes in-depth information on diet and nutrition issues relevant to older adults and the role of different muscles, bones, organs, and body systems on aging.

Nutrition for the Older Adult

Melissa Bernstein, PhD, RD, LD and Ann Schmidt Luggen, PhD, GNP
Jones & Bartlett Publishers, 2009

ISBN: 0763736244

Description: This is a comprehensive resource for professionals and students on nutrition and health promotion for older adults. Topics covered include the physiological changes of aging, weight, and nutrition problems in older adults; nutritional assessment and support for the elderly; diet and cultural diversity; and exercise for older adults.

Section III: Nutrition and Health Organizations

The organizations listed below may be able to provide additional information and resources on a variety of health related topics. Listing below does not imply an endorsement or approval by the Food and Nutrition Information Center.

AARP (formerly “American Association of Retired Persons”)

Homepage: <http://www.aarp.org/health/>

Contact Information:

AARP
601 E Street NW
Washington, DC 20049
Phone: 888-OUR-AARP (888-687-2277)

Administration on Aging

Homepage: <http://www.aoa.gov>

Contact Information:

Administration on Aging
Washington, DC 20201
Phone: 202-619-0724
Email: aoainfo@aoa.hhs.gov



Alzheimer's Disease Education and Referral Center

Homepage: <http://www.nia.nih.gov/alzheimers>

Contact Information:

ADEAR
PO Box 8250
Silver Spring, MD 20907
Phone: 800-438-4380

American Diabetes Association

Homepage: <http://www.diabetes.org>

Contact Information:

American Diabetes Association
ATTN: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
Phone: 800-DIABETES (800-342-2383)

American Dietetic Association

Homepage: <http://www.eatright.org>

Contact Information:

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606-6995
Phone: 800-877-1600

American Heart Association

Homepage: <http://www.americanheart.org/>

Contact Information:

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 800-AHA-USA1 (800-242-8721)

American Institute for Cancer Research

Homepage: <http://www.aicr.org>

Contact Information:

American Institute for Cancer Research
1759 R Street NW
Washington, DC 20009
Phone: 800-843-8114 (in DC: 202-328-7744)



American Senior Fitness Association

Homepage: <http://www.seniorfitness.net>

Contact Information:

American Senior Fitness Association
Post Office Box 2575
New Smyrna Beach, FL 32170
Phone: 800-243-1478 or 386-423-6634
Email: sfa@seniorfitness.net

Arthritis Foundation

Homepage: <http://www.arthritis.org/>

Contact Information:

Arthritis Foundation
P.O. Box 7669
Atlanta, GA 30357-0669
Phone: 404-872-7100 or 800-568-4045

Feeding America (*formerly America's Second Harvest*)

Homepage: <http://feedingamerica.org/>

Contact Information:

America's Second Harvest
35 E. Wacker Dr., #2000
Chicago, IL 60601
Phone: 800-771-2303 or 312-263-2303

Food and Drug Administration (FDA)

Homepage: <http://www.fda.gov>

Contact Information:

Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857-0001
Phone: 888-INFO-FDA (888-463-6332)

Food and Drug Administration, Center for Food Safety and Applied Nutrition

Homepage: <http://www.cfsan.fda.gov/>

Contact Information:

Center for Food Safety and Applied Nutrition, FDA
5100 Paint Branch Parkway
College Park, MD 20740-3835
Phone: 888-SAFEFOOD



Food and Nutrition Information Center

Homepage: <http://fnic.nal.usda.gov>

Contact Information:

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Ave, Room 105
Beltsville, MD 20705
Phone: 301-504-5414

Food Safety Information Center

Homepage: <http://foodsafety.nal.usda.gov>

Contact Information:

Food Safety Information Center
National Agricultural Library
10301 Baltimore Avenue, Room 304
Beltsville, MD 20705
Phone: 301-504-6835

International Food Information Council (IFIC)

Homepage: <http://www.foodinsight.org/For-Consumers/Healthy-Aging.aspx>

Contact Information:

International Food Information Council
1100 Connecticut Avenue NW, Suite 430
Washington, DC 20036
Phone: 202-296-6540

Iowa COMPASS Disability Information and Referral

Homepage: <http://www.iowacompass.org>

Contact Information:

Iowa COMPASS Center for Disabilities and Development,
The University of Iowa's Center of Excellence in Developmental
Disabilities
Phone: 800-779-2001 or TTY: 877-686-0032
Email: iowa-compass@uiowa.edu

Johns Hopkins Arthritis Center

Homepage: <http://www.hopkins-arthritis.org/>

Contact Information:

Johns Hopkins Arthritis Center
5200 Eastern Ave, Suite 4100
Baltimore, MD 21224



Meals on Wheels Association of America

Homepage: <http://www.mowaa.org/>

Contact Information:

Meals on Wheels Association of America
203 S. Union Street
Alexandria, Virginia 22314
Phone: 703-548-8024
Email: mowaa@mowaa.org

National Cancer Institute

Homepage: <http://www.cancer.gov/>

Contact Information:

NCI Public Inquiries Office
6116 Executive Boulevard
Room 3036A
Bethesda, MD 20892-8322
Phone: 800-4-CANCER (800-422-6237) or TTY: 800-332-8615
Information specialists are available Monday through Friday 9:00 a.m. to 4:30 p.m. local time (in all U.S. time zones) to answer questions in English and Spanish.

National Center of Physical Activity and Disability (NCPAD)

Homepage: <http://www.ncpad.org/>

Contact Information:

NCPAD
1640 W. Roosevelt Road
Chicago, IL 60608-6904
Phone: 800-900-8086
Email: ncpad@uic.edu

National Diabetes Education Program

Contact Information:

National Diabetes Education Program
One Diabetes Way
Bethesda, MD 20814-9692
Phone: 888-693-NDEP(6337)



National Heart Lung and Blood Institute (NHLBI)

Homepage: <http://www.nhlbi.nih.gov/>

Contact Information:

NHLBI Health Information Center
Attention: Web Site
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573 or TTY: 240-629-3255

National Institute on Aging (NIA)

Homepage: <http://www.nia.nih.gov/HealthInformation/Publications/>

Contact Information:

National Institute on Aging
Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Phone: 800-222-2225

National Institute of Arthritis and Musculoskeletal and Skin Diseases

Homepage: <http://www.niams.nih.gov/>

Contact Information:

National Institute of Arthritis and Musculoskeletal and Skin
Diseases
Information Clearinghouse
National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-3675
Phone: 301-495-4484 or 877-22-NIAMS (877-226-4267)
Email: niamsinfo@mail.nih.gov

National Institute of Diabetes and Digestive and Kidney Diseases

Homepage: <http://www2.niddk.nih.gov/>

Contact Information:

Office of Communications & Public Liaison NIDDK
NIH Building 31. Rm 9A06
31 Center Drive, MSC 2560
Bethesda, MD 20892-2560



NIH Osteoporosis and Related Bone Diseases

Homepage: <http://www.niams.nih.gov/bone/>

Contact Information:

2 AMS Circle

Bethesda, MD 20892-3676

Phone: 800-624-BONE (800-624-2663) or TTY: 202-466-4315

E-mail: NIAMSBoneInfo@mail.nih.gov

National Osteoporosis Foundation

Homepage: <http://www.nof.org>

Contact Information:

National Osteoporosis Foundation

1232 22nd Street NW

Washington, D.C. 20037-1202

Phone: 202-223-2226 or 800-231-4222

National Parkinson Foundation

Homepage: <http://www.parkinson.org>

Contact Information:

National Parkinson Foundation, Inc.

1501 N.W. 9th Avenue / Bob Hope Road

Miami, Florida 33136-1494

Phone: 800-327-4545

Email: contact@parkinson.org

National Resource Center on Nutrition, Physical Activity and Aging

Homepage: <http://nutritionandaging.fiu.edu/>

Contact Information:

National Policy & Resource Center on Nutrition & Aging

Florida International University

OE 200

Miami, FL 33199

Phone: 305-348-1517

E-mail: nutritionandaging@fiu.edu

Oregon State University, Eat Well for Less

Homepage: <http://extension.oregonstate.edu/fcd/nutrition/ewfl/>

Contact Information:

Eat Well for Less, Oregon State University Extension

Corvallis, OR 97331

Phone: 541-737-1000



Parkinson's Disease Foundation

Homepage: <http://www.pdf.org>

Contact Information:

Parkinson's Disease Foundation
1359 Broadway, Suite 1509
New York, NY 10018
Phone: 800-457-6676
Email: info@pdf.org

Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program

Homepage: <http://www.fns.usda.gov/snap/>

Contact Information:

Phone: 800-221-5689
Email: SNAPHQ-WEB@fns.usda.gov.

United States Department of Agriculture, Food and Nutrition Service

Homepage: <http://www.fns.usda.gov/>

Contact Information:

USDA, Food & Nutrition Service
3101 Park Center Drive, Room 926
Alexandria, VA 22302
Phone: 703-305-2286

United States Department of Agriculture, Food Safety and Inspection Service

Homepage: <http://www.fsis.usda.gov>

Contact Information:

Phone: 888-MPHotline (888-674-6854) or TTY: 800-256-7072

Weight-control Information Network

Homepage: <http://www.win.niddk.nih.gov>

Contact Information:

1 WIN Way
Bethesda, MD 20892-3665
Phone: 202-828-1025 or 877-946-4627
Email: win@info.niddk.nih.gov



This resource list was compiled by:

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Food and Nutrition Information Center
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National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856
Contact: <http://fnic.nal.usda.gov/contact>
Web site: <http://fnic.nal.usda.gov>

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For questions on document delivery services please call 301-504-5717 or email <http://request.nal.usda.gov/access/contact.htm>.

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