



Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators April 2011

This publication is a collection of resources on the topic of cultural and ethnic food and nutrition education materials. Resources include books, pamphlets and audiovisuals and are limited to those published in 2005 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials included in this list may also be available to borrow from the National Agricultural Library (NAL). 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 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/ethnic.pdf>
A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books, Book Chapters, and Booklets

50+ Web-Based Lesson Plans for Ethnic Foods

Learning ZoneXpress
Owatonna, MN. 2006.

NAL Call Number: TX66.A53 2000

Description: Provides ways to explore ethnic foods using the Web.. It includes worksheets and exercises about holidays, spices, and unique foods in over 30 different countries. Students can follow the instructions provided to complete the assignments and exercises on their own.

American Indian Food

Linda Murray Berzok
Westport, CT: Greenwood Publishing Group, 2005. 248 p.

ISBN: 0313329893

NAL Call Number: E98.F7 B47 2005

Description: Chapters on the foodways history, foodstuffs, food preparation, preservation, and storage, food customs, food and religion, and diet and nutrition reveal the American Indians' heritage.

Counseling the Culturally Diverse: Theory and Practice, 5th edition

Derald Wing Sue and David Sue
New York, NY: J. Wiley & Sons, 2007. 576 p.

ISBN: 0470086322

NAL Call Number: BF637.C6 S85

Description: Primarily geared to mental health professionals, this book discusses multicultural counseling and therapy, culturally appropriate intervention strategies and multicultural family counseling and therapy. This book contains sections on counseling African Americans, Asian Americans, American Indians, Alaskan Natives, Hispanic Americans, gays and lesbians, women, the elderly, and persons with disabilities.

Cultural Food Practices

Cynthia M. Goody, PhD, MBA, RD and Lorena Drago, MS, RD, CDN, CDE
Diabetes Care and Education Dietetic Practice Group
Chicago, IL: American Dietetic Association, 2010. 244 p.

ISBN: 978-0880914338

Description: Chapters focus on food practices of 15 different cultures (American Indian, Alaska Native, African American, Central American, Caribbean Hispanic, South American, Asian Indian and Pakistani, Chinese American, Hmong American, Filipino American, Korean American, Cajun and Creole, Jewish, and Islamic). Food practices include: cuisine; special holiday foods; traditional health beliefs; current food practices; and culturally appropriate counseling recommendations. Also includes culturally specific client education handouts available on CD-ROM.



Diabetes Education in Tribal Schools (DETS) Curriculum

Indian Health Service, U.S. Department of Health and Human Services

Web site:

<http://www.ihs.gov/medicalprograms/diabetes/index.cfm?module=toolsCurriculaDETS>

Description: This curriculum is designed for teachers and other health educators working with students in grades K-12. The lesson plans focus on nutrition and healthy lifestyle choices to prevent diabetes in American Indian and Alaska Native communities. Materials include DVDs, posters, handouts, dance audio samples and for grades 5 and older, test bank questions. Curriculum may be viewed and downloaded from their Web site or a printed copy may be requested.

Food and Culture, 5th edition

Pamela Kittler and Kathryn Sucher

Belmont, CA: Thomson Wadsworth, 2008. 576 p.

ISBN: 049511541X

NAL Call Number: TX357.K58

Description: Gives information on the different ethnicities, religions and cultures that have become part of food culture in the United States. This textbook is targeted at chefs, health professionals, and others in the food service industry and discusses how to work effectively with members of different ethnic and religious groups.

Food Culture Around the World

Westport, CT: Greenwood Press, 2005.

Description: This series of books explores food cultures around the world by describing regional culinary delights and customs. Special attention is paid to historical and religious perspectives as well as the positions held by tradition. Areas of the world covered in the series include:

Food Culture in the Caribbean by Lynn Marie Houston

ISBN: 0313327645 **NAL Call Number:** TX716.A1 H67

Food Culture in China by Jacqueline M. Newman

ISBN: 0313325812 **NAL Call Number:** TX724.5.C5 N45

Food Culture in France by Julia Abramson

ISBN: 0313327971 **NAL Call Number:** TX719.A237 2007

Food Culture in Great Britain by Laura Mason

ISBN: 031332798X **NAL Call Number:**

Food Culture in India by Colleen Taylor Sen

ISBN: 0313324875 **NAL Call Number:** TX724.5.I4 S38

Food Culture in Italy by Fabio Parasecoli

ISBN: 0313327262 **NAL Call Number:** GT2853.I8 P37

Food Culture in Japan by Michael Ashkenazi and Jeanne Jacob

ISBN: 0313324387 **NAL Call Number:** TX724.5.J3 A88

Food Culture in Mexico by Janet Long-Solis and Luis Alberto Vargas

ISBN: 031332431X **NAL Call Number:** GT2853.M6 L66

Food Culture in Near East, Middle East and North Africa by Peter Heine

ISBN: 0313329567 **NAL Call Number:** GT2853.M628 H45



Food Culture in Russia and Central Asia by Glenn Randall Mack

ISBN: 0313327734 **NAL Call Number:** TX723.3 .M2356

Food Culture in South America by José Rafael Lovera

ISBN: 0313327521 **NAL Call Number:** TX716.A1 L68

Food Culture in Spain by F. Xavier Medina

ISBN: 0313328196 **NAL Call Number:** TX723.5.S7 M43

Food Culture in Sub-Saharan Africa by Fran Osseo-Asare

ISBN: 0313324883 **NAL Call Number:** TX725.A4 O78

Handbook of Multicultural Counseling

Joseph G. Ponterotto, J. Manuel Casas, Lisa A. Suzuki, Charlene M. Alexander
San Francisco, CA: Sage Publications, Inc., 2009. 848 p.

ISBN: 978-1412964326

Description: Features latest advances in theory, ethics, research, measurement, and clinical practice and assessment in multicultural counseling and therapy.

The Oxford Companion to American Food and Drink

Andrew Smith

Oxford, NY: Oxford University Press, 2007. 736 p.

ISBN: 978-0195307962

NAL Call Number: TX349.094.2007

Description: Aims to educate those interested in learning the history and culture of American food and drink. Entries highlight specific foods, restaurants, companies, diets, health trends, holidays and customs.

The New Food Lover's Companion

Sharon Tyler Herbst and Ron Herbst

Hauppauge, NY: Barron's Educational Series, Inc., 2007. 830 p.

NAL Call Number: TX349.H533 2007

ISBN: 978-0764135774

Description: Serves as an encyclopedia of more than 6,700 entries describing culinary terms, cooking techniques and ingredients from herbs and spices to wines and desserts.

Spanish for the Nutrition Professional, 2nd Edition

Peggy A. Batty and Mary Jo Kurko, MPH, RD

Chicago, IL: American Dietetic Association, 2008 160 p.

Online Ordering Information: <http://www.eatright.org/Shop/Product.aspx?id=5013>

Description: This pocket guide is designed to assist the dietetics professional in communicating with and counseling Spanish-speaking clients. This resource contains illustrations for basic food items, English-to-Spanish translations of measurements, numbers, phrases, and common foods, as well as sections on culture-sensitive interviewing, working with interpreters and choosing culturally appropriate materials.



What I Eat: Around the World in 80 Diets

Peter Menzel and Faith D'Aluisio

Berkeley, CA: Ten Speed Press, 2010. 335 p.

ISBN: 978-0984074402

Description: Offers a photographic study of people and their diets from around the world, revealing what people eat during the course of their day.

II. Full-Text Online Information

American Indian Health

U.S. National Library of Medicine, National Institutes of Health

Full text: <http://americanindianhealth.nlm.nih.gov/index.html>

Description: Serves as an information portal to information on issues affecting the health and well-being of American Indians. Health topics include: diabetes; children's health; elder's health; and heart diseases. Also provides information on: culture and traditions; research and statistics; and links to programs, services, and organizations.

American Indians and Alaska Natives and Diabetes

National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Full text: <http://diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm>

Description: Provides a list of publications, press releases, statistics and resources addressing diabetes among American Indians and Alaska Natives.

Asian Diet Pyramid

Oldways Preservation Trust

Full text: <http://www.oldwayspt.org/asian-diet-pyramid>

Description: Illustrates the traditional Asian diet. Provide a list of common and uncommon foods and flavors from Asian cuisine.

Asian Language Nutrition and Physical Activity Brochures

Center for Weight and Health, University of California, Berkeley

Full text: <http://cwh.berkeley.edu/resource/asian-language-nutrition-and-physical-activity-brochures-cambodian-chinese-hmong-korean-la-0>

Description: Series of five culturally-sensitive and relevant educational pamphlets developed to reduce the risk of adult and child obesity among specific Asian immigrant populations. Topics include: Healthy food options; healthier fast food and soft drinks choices; healthy weight for children; daily physical activity; and balancing TV and computer time with play time. Materials are available in Cambodian, Hmong, Vietnamese, Korean, Laotian and Chinese.



Chinese Language Food and Nutrition Resources

American Dietetic Association and Chinese Americans in Dietetics and Nutrition Member Interest Group

Full text: <http://www.eatright.org/Public/content.aspx?id=5691>

Description: Offers Chinese language food and nutrition information handouts. Topics include: MyPyramid; basic guidelines for high blood pressure; cholesterol content in food; diabetic diet; low-fat diet; iron; and tips for weight control.

Food Distribution Program on Indian Reservations Fact Sheet

Food and Nutrition Service, U.S. Department of Agriculture

Full text: <http://www.fns.usda.gov/fdd/programs/fdpir/pfs-fdpir.pdf>

Description: Explains USDA's Food Distribution Program on Indian Reservations (FDPIR) including eligibility, participation, and types of foods and services provided.

Identification Guide of Vegetables and Herbs and Identification Guide of Exotic Fruits, Fresh Fruits and Vegetables Import Manual

Animal and Plant Health Inspection Service, U.S. Department of Agriculture

Full text:

http://www.aphis.usda.gov/import_export/plants/manuals/ports/downloads/fv.pdf

Description: Manual covers fruits, vegetables and herbs imported into the U.S. from other countries. Descriptions contain common and scientific names, as well as pictorial identification guides.

Kosher Q&A

Orthodox Union

Full text: <http://www.ou.org/kosher/kosherqa/>

Description: Information on Kosher food and explanation of Kosher supervision and certification of foods.

Maintaining a Healthy Weight on the Go: A Pocket Guide

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

Full text:

http://www.nhlbi.nih.gov/health/public/heart/obesity/AIM_Pocket_Guide_tagged.pdf

Description: Provides tips for choosing lower-fat and lower-calorie options when dining out or ordering take-out at Chinese, French, Italian, Middle Eastern, Japanese, Indian, Mexican and Thai restaurants.

Making Health Communication Programs Work: Pink Book

National Cancer Institute, National Institutes of Health

Full text: <http://www.cancer.gov/cancertopics/cancerlibrary/pinkbook/page1>

Description: Offers health professionals guidance in producing and implementing health communication programs. Tips suggest ways to tailor process to various communication needs.



Mediterranean Foods Alliance

Oldways Preservation Trust

Full text: <http://www.mediterraneanmark.org/>

Description: Guides consumers in how to shop for, prepare, and enjoy foods, drinks and dishes of the Mediterranean diet. Includes: Mediterranean Diet Pyramid; recipes; “Make Each Day Mediterranean” toolkit; menu ideas and shopping tips.

Menus and Menu Planner

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

Full text: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm

Description: Provides examples of reduced calorie menus for traditional American meals as well as ethnic meals.

Asian-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm

Southern Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/southern.htm

Mexican-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm

Minority Women’s Health

Office on Women’s Health, U.S. Department of Health and Human Services

Full text: <http://www.4woman.gov/minority/>

Description: Gives women’s health information on various topics, including general nutrition, diabetes, heart disease, and osteoporosis, geared to African American, American Indian/Alaskan Native, Asian Pacific Islander, and Hispanic/Latina women.

Northern California Indian Development Council’s California Native Food & Nutrition Program

Northern California Indian Development Council

Full text: <http://www.ncidc.org/food/index.html>

Description: Describes the California Food and Nutrition Program (CFNP) which helps assist Tribal communities identify local, state, and federal resources to meet the nutrition needs of low-income Indian people. The CFNP compiles and distributes food and nutrition monthly newsletters and information to California Tribes and community-based organizations. Past newsletters are available for download on their Web site as well as two cookbooks containing recipes using native foods (and many using commodity foods). The Web site also provides general information about several federal child nutrition programs.



On the Move to Better Heart Health for African Americans

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

Full text: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>

Description: Covers heart healthy living including information on heart disease, high blood pressure, blood cholesterol, diabetes, weight management and smoking cessation.

Profiles of Latino Health: A Closer Look at Latino Child Nutrition

National Council of La Raza

Full text:

http://www.nclr.org/index.php/issues_and_programs/health_and_nutrition/health_care_reform/hcrarchive/healthprofiles/nutritionprofiles/

Description: Third in a series of reports addressing health needs of the U.S. Latino population. Examines the latest research and data on twelve issues affecting Latino child nutrition.

Sisters Together: Move More, Eat Better

National Institute of Diabetes & Digestive & Kidney Diseases, National Institutes of Health

Full text: <http://win.niddk.nih.gov/sisters/index.htm>

Description: This program is designed to encourage African American women aged 18 and older to control their weight by increasing physical activity and eating healthy foods. Program guide and materials are available on the Web site.

What Is Halal?

The Islamic Food and Nutrition Council of America (IFANCA)

<http://www.ifanca.org/>

Description: Explains principles of Halal, the foods appropriate under Muslim law. Includes a shopper's guide, glossary and frequently asked questions.

III. Videos, Kits, Models, and Graphics

American Foods of the South Set

Life/form replicas; 10 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 6

Description: Contents: barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips, grits, hush puppies, lima beans with salt pork, pan-fried catfish, and roasted spareribs.



Cooking Demo II

Food and Health Communications, 2005.

NAL Call Number: Kit no. 469

Description: Contains food demonstration lessons that emphasize the use of fruit, vegetables, whole grains and beans. While mostly for use with consumers, one lesson addresses training staff on food safety during food demonstrations. Ethnic Cooking lessons are also included. Lesson leader guides feature objectives, rationale, materials needed, preparation required, activity ideas, recipes, make-ahead options and garnish/presentation tips.

Cooking With Kids: Integrated Curriculum Guide / Cocinando Con Niños: Guía del Plan de Estudios Integrado

Lynn Walters and Jane Stacey

Cooking with Kids, 2005.

NAL Call Number: TX661 .W343 2005

Description: Engages elementary school children in hands-on learning with fresh, affordable foods from diverse cultures. Students are encouraged to explore a variety of foods using all of their senses, in an interactive, fun way that allows them to make their own healthy diet choices. Grade divisions within lessons for K-1, 2-3 and 4-6.

Fit Kids = Happy Kids/Niños Saludables = Niños Felices

Southwest Region Educating Communities on Healthy Options, Southwest Region WIC Programs, 2005.

NAL Call Number: Kit no. 495

Description: The kit can be customized by state agencies and culturally specific graphics and illustrations can be inserted. The kit may be used to support current state activities or, along with the 12 vignettes on DVD, to train staff. Features of the tool kit include: "Healthy Habits for Healthy Weights/Hábitos sanos para un peso sano" flip chart designed to reinforce positive eating, activity and TV behaviors and answer parents' questions about how they can help their children develop healthy habits. Also includes "Jump for Joy/Brinca con Blanca," a children's physical activity and nutrition book, and a poster, "Help your child build healthy habits for a lifetime./Las costumbres saludables de hoy duran toda la vida." Also included is an educator-focused training manual which contains six modules.



Food and Fitness Matter: Raising Healthy, Active Kids

Parents' Action for Children, 2006.

1 DVD (24 min.)

NAL Call Number: DVD no. 124 English, DVD no. 119 Spanish

Description: DVD provides parents the information and support they need to make changes at home and in their local schools. In the video, health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher, explain the causes for the dramatic increase in overweight kids and the health problems associated with childhood obesity. The video also presents practical tips for parents to improve diet and fitness at home and profiles of schools and districts that successfully switched to healthier foods.

Food Replica Package No. 3

Life/form replicas; 26 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 5

Description: Along with various replicas of food from different food groups, includes the following Mexican-American foods: enchiladas, flour tortilla, refried beans, taco and Spanish rice.

International Foods 2: Africa and the Middle East Powerpoint

Learning ZoneXpress, 2005.

Description: Covers: North (Egypt & Morocco); West (Senegal & Nigeria); East (Ethiopia & Kenya); South Africa and the Middle East. Contains 25-30 content slides on CD plus activities, assignments, web resources, copy-ready handouts, and a quiz.

International Foods 3: Asia Powerpoint

Learning ZoneXpress, 2005.

Description: Covers: China, Japan, Korea, Indonesia, Thailand, India, and Russia. Contains 25-30 content slides on CD plus activities, assignments, web resources, copy-ready handouts, and a quiz.

Italian Food Model Kit

Life/form replicas; 10 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 8

Description: Contains 10 models of Italian foods. The accompanying booklet contains recipes and food exchanges.



Latin American Food Model Kit

Life/form replicas; 25 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 31

Description: Contains 25 replicas of commonly eaten foods listed within the Latin American Diet Pyramid. Replicas include: corn tortilla, flour tortilla, corn bread, brown rice, baked potato, white rice, yam, refried beans, red beans, peanuts, avocado slice, kiwi, orange, broccoli, spinach, tomato, salmon, perch, chicken leg, chicken breast, skim milk, cheese cubes, fried egg, beef roast, and vanilla ice cream.

Mediterranean Food Model Kit

Life/form replicas; 20 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 30

Description: Contains 20 food replicas of commonly eaten foods listed on the Mediterranean Food Pyramid. Replicas include: slice of whole wheat bread, avocado slice, yogurt, brown rice, red beans, peanuts, broiled fish, spaghetti, tomato slice, chicken leg, baked potato, lettuce, leaf, fried egg, slice of rye bread, cheese cubes, chocolate ice cream, peach, salmon, red wine, and strawberries.

Mexican-American Ethnic Food Set

Life/form replicas; 12 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 7

Description: Contains: Hot chili pepper (jalapeño), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (plato de frijoles), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, and crisp taco.

Vegetarian Diet Supplement Food Package

Life/form replicas; 11 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 12

Description: Contains: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.

Vegetarian Food Package

Life/form replicas; 34 plastic models

Ft. Atkinson, WI: NASCO.

NAL Call Number: Model no. 10

Description: Contains: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.



IV. Resources in Spanish

American Diabetes Association

La Diabetes Entre los Latinos

(Spanish language Diabetes in Latinos)

1701 North Beauregard St.

Alexandria, VA 22311

Phone: 1-800-DIABETES

Web site:

http://www.diabetes.org/enespanol/spanish.jsp?WTLPromo=HEADER_espanol&vms=132051291057

Description: Web site for Spanish-language diabetes education materials.

Centers for Disease Control and Prevention (CDC)

1600 Clifton Rd.

Atlanta, GA 30333

Phone: 1-800-CDC-INFO (800-232-4636)

Web site: <http://www.cdc.gov/spanish>

Description: CDC's Spanish-language Web site covers health issues of relevance to Latino communities. See also CDC's National Hispanic/Latino Diabetes Initiative for Action at <http://www.cdc.gov/diabetes/projects/latino.htm>

Food Insight in Spanish

International Food Information Council Foundation (IFIC)

Web site: <http://www.foodinsight.org/EnEspanol/>

Description: Spanish-language version of IFIC's Web site. Provides Spanish-language resources on topics including diet and health, weight management, food production, food components and food safety.

Latino Nutrition Coalition

Oldways Preservation Trust

Full text: <http://www.latinonutrition.org/index.html>

Description: Collection of nutrition education materials designed for Latin American audiences. Includes: toolkit for health professionals; supermarket shopping guide; sample seasonal Latino meal plans; whole grain fact sheets; and the Latin American Diet Pyramid. Materials are available in English and Spanish.

Más Vale Prevenir: Que Lamentar/An Ounce of Prevention: A Guide To Heart Health

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

Full text: http://www.nhlbi.nih.gov/health/prof/heart/latino/lat_foto.htm

Description: Uses stories to discuss tips for preventing heart disease. Each story includes a workbook segment to help the readers write down their personal pledges to improve their heart health and chart their own progress. Print copies in Spanish can also be ordered (see Web site).



MiPirámide (MyPyramid)

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

Web site: <http://www.mypyramid.gov/sp-index.html>

Description: Spanish-language Web site for MyPyramid.gov. Offers consumer education print materials in Spanish aimed at helping Americans make healthy food choices and engage in daily physical activity.

National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

1 Information Way

Bethesda, MD 20892-3560

Phone: (800) 860-8747

Fax: (703) 738-4929

Web site: http://diabetes.niddk.nih.gov/index_sp.htm

Description: Provides list of Spanish-language publications covering a range of diabetes-related health topics including prevention, symptoms, treatment, nutrition, and management.

Nutrition.gov En Español

Food and Nutrition Information Center, National Agricultural Library

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

Description: Provides links to a variety of Spanish-language resources from the Federal government on food and nutrition topics such as healthy eating, weight management, diet and disease, food preparation, and the Federal food assistance programs.

¡Podemos! (We Can!) Ways to Enhance Children's Activity and Nutrition Resources in Spanish

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

Web site: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/resources_espanol.htm

Description: A national childhood obesity prevention program, provides tools and resources in English and Spanish to help families and communities better understand the basics of nutrition and how it relates to maintaining a healthy weight.

SNAP Outreach and Nutrition Education Materials in Spanish

Food and Nutrition Service, U.S. Department of Agriculture

Web site: <http://snap.ntis.gov/Default.aspx> (for Ordering Center)

Spanish-language Web site: <http://www.fns.usda.gov/fns/sp-default.htm>

Description: Provides nutrition education materials designed to educate low income people about the nutrition benefits of the federal Supplemental Nutrition Assistance Program and encourage participation. Materials available in Spanish include brochures, handouts, and activity sheets.



Spanish Language Food and Nutrition Resources

American Dietetic Association and Latinos and Hispanics in Dietetics and Nutrition Member Interest Group

Full text: <http://www.eatright.org/espanol/>

Description: Offers Spanish-language food and nutrition information resources. Handouts are free to download. The brochures and other products can be ordered online.

Spanish Language Food and Nutrition Materials

NOAH: New York Online Access to Health

<http://www.noah-health.org/es/healthy/nutrition/index.html>

Description: Over 100 educational materials covering a wide variety of basic and therapeutic nutrition and food safety topics. Materials include those developed by NOAH.

Su Corazón Su Vida: Manual Del Promotor Y Promotora De Salud

(Spanish language "Your Heart, Your Life: A Lay Health Educator's Manual for the Hispanic Community")

National Heart, Lung, and Blood Institute

http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat_mnl.htm

Description: Heart-health education for the Latino community. Contains skill-building activities, reproducible handouts, and idea starters.

Team Nutrition Resources Available in Spanish

Food and Nutrition Service, U.S. Department of Agriculture

Web site: http://teamnutrition.usda.gov/Resources/resources_spanish.html

Description: List of Spanish-language resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs.

V. Additional Contacts and Sources of Information

American Diabetes Association

1701 North Beauregard St.

Alexandria, VA 22311

Phone: 1-800-DIABETES (800-342-2383)

Web site: <http://www.diabetes.org/in-my-community/programs/>

American Heart Association Nutrition Center

American Heart Association

Web site: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp



Asian American Diabetes Initiative, Joslin Diabetes Center

1 Joslin Place, Room 382A
Boston, MA 02215
Phone: (617)226-5815
Fax: (617) 732-2607
Web site: <http://aadi.joslin.org/>

Asian American Health, Specialized Information Services, National Library of Medicine

2 Democracy Plaza, Suite 510
Bethesda, MD 20892-5467
Phone: (888) FINDNLM (888-346-3656)
Fax: (301) 480-3537
Web site: <http://asianamericanhealth.nlm.nih.gov/>

Chinese Americans in Dietetics and Nutrition

Website: <http://www.cadn-usa.org/index.html>

Chinese Community Health Resource Center

835 Jackson St. Room 425
San Francisco, CA 94133
Phone: (415) 677-2473
Fax: (415) 677-2457
Web site: <http://www.cchrhealth.org/en/healthinfo/materials.html>

Cooperative Extension Systems Offices

National Institute of Food and Agriculture, U.S. Department of Agriculture
Web site: <http://www.csrees.usda.gov/Extension/>

Food and Consumer Safety Bureau, Iowa Department of Inspections and Appeals

Lucas State Office Building
321 E. 12th St.
Des Moines, IA 50319-0083
Phone: (515) 281-6538
Web site: <http://www.profoodsafety.org/>

Food and Nutrition Information Center

10301 Baltimore Ave., Room 105
Beltsville, MD 20705
Phone: (301) 504-5414
Web site: <http://fnic.nal.usda.gov>

- Ethnic/Cultural Food Guide Pyramid page:
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1348&level3_id=5732



- Sources of Free or Low-Cost Food and Nutrition Materials (includes Non-English language materials): <http://fnic.nal.usda.gov/freelowcost>
- Native American Nutrition Education Resource List for Educators (PDF|261 KB): <http://www.nal.usda.gov/fnic/pubs/NativeAmericanResources.pdf>
- International Programs - Fruits & Vegetables:
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1347&level3_id=5470&level4_id=0&level5_id=0&placement_default=0
- International Food Composition Resources page:
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=279&topic_id=1454

Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN)

Website: <http://lahidanmig.weebly.com/index.html>

Muslims in Dietetics and Nutrition (MIDAN)

Website: <http://muslimdietitians.org/About.html>

National Council of La Raza

Raul Yzaguirre Building

1126 16th Street, N.W.

Washington, DC 20036

Phone: (202) 785-1670

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

National Heart, Lung, and Blood Institute Health Information Center

Phone: (301) 592-8573

Fax: (301) 592-8573

E-mail: NHLBInfo@nhlbi.nih.gov

Web site: <http://email.nhlbihin.net/> (for online catalog of educational materials)

Office of Minority Health, U.S. Department of Health and Human Services Publications

P.O. Box 37337

Washington, D.C. 20013-7337

Phone: (800) 444-6472

Fax: (301) 230-7198

TDD: (301) 230-7199

Web site: <http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=1&lvlID=13>



Selected Patient Information Resources in Asian Languages (SPIRAL)

Tufts University Hirsh Health Services Library

145 Harrison Ave.

Boston, MA 02111

Phone (617) 636-4039

Fax (617) 636-4039

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

U.S. Food and Drug Administration

10903 New Hampshire Ave.

Silver Spring, MD 20993-0002

Phone: (888)- INFO-FDA (1-888-463-6332)

Web site: <http://www.cfsan.fda.gov/~mow/internat.html>

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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

Contact: <http://fnic.nal.usda.gov/contact>

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



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