

Internet Sources of Reliable Information on Nutrition as Related to Health, Exercise and Sports



The Internet is an enormous worldwide network of interconnected computers. Internet sites are primarily commercial, educational, government, and military institutions that contain vast repositories of information. The World Wide Web (WWW), often simply called the Web, is a collection of computer files, a specific location on the Internet. Each Web site is identified with an address known as uniform resource locator (URL) which may be accessed by use of Hyper Text Transfer Protocol (http). A Web address appears like <http://www.anysite.com>. For some Internet sites, you do not need to type the <http://>. You may connect to a Web site on the Internet with your home computer, provided you have a phone line, a modem, an Internet provider (such as America Online), and a browser (such as Netscape Navigator). Most colleges and universities provide students resources for access to the Internet, and most libraries offer training programs for students to become familiar with using the Internet to obtain information.

A search engine is a program that permits you to locate specific Web sites in directories on the Internet. For example, Goggle is one of the most popular search engines for Yahoo (<http://www.yahoo.com>). Several other popular search engines include Alta Vista (<http://altavista.digital.com>), Infoseek (<http://guide.infoseek.com>), and WebCrawler (<http://webcrawler.com>). Two medicine specific search engines are Achoo (<http://www.achoo.com>) and Health AtoZ (<http://Healthatoz.com>).

Unfortunately, you can not always rely on the information you see on the Web. One must be cautious when using the Internet to obtain health-related information. The Federal Trade Commission (FTC) has indicated that numerous Web sites contain promotions for various products and services claiming to help cure, treat, or prevent a wide variety of health problems. Unfortunately, most of these claims, particularly for dietary

supplements, are fraudulent. By contacting the FTC via their Web site listed below, you may obtain a free brochure entitled *Fraudulent Health Claims: Don't Be Fooled*.

Numerous Web sites provide information on nutrition and exercise as they are related to health and fitness. An excellent starting point is the TUFTS UNIVERSITY NUTRITION NAVIGATOR; its Web site address is <http://www.navigator.tufts.edu>. The Nutrition Navigator provides a rating guide to other nutrition Web sites, evaluating the reliability of the information they provide. You may also access these other Web sites directly from Nutrition Navigator. This Web site is one of the best starting points for obtaining nutritional information on the Internet.

The following Web sites (many included in the Nutrition Navigator) are considered to be sources of reliable information. The Web site should provide you with the address and phone numbers of the organization, if needed. Many of these national organizations also have regional affiliates that you may find in your local phone book or by contacting local health agencies or hospitals. The Web sites listed were current at the time of publication of this book, but may have changed. Your library should be able to provide you with current Web site addresses for other relevant sources of nutrition information.

- American Anorexia/Bulimia Association (AABA)
<http://www.aabainc.org>
- American Cancer Society
<http://www.cancer.org>
- American College of Sports Medicine
<http://www.acsm.org>
- American Dietetic Association (ADA) Sports and
Cardiovascular Nutritionists (SCAN)
<http://www.eatright.org>

American Heart Association
<http://www.amhrt.org>
American Institute of Nutrition
<http://www.nutrition.org>
American Medical Association
<http://www.ama-assn.org>
Center for Nutrition and Policy Promotion
www.usda.gov/CNPP
Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov>
Consumer Information Center
<http://www.pueblo.gsa.gov/food.htm>
Department of Health and Human Services
<http://www.os.dhhs.gov>
Department of Health and Human Services
Healthfinder
<http://www.healthfinder.gov>
Dietitians of Canada (Formerly Canadian Dietetic Association)
<http://www.dietitians.ca>
Federal Trade Commission
<http://www.ftc.gov>
Food and Drug Administration
Office of Consumer Affairs
Center for Food Safety and Applied Nutrition
<http://www.fda.gov>
<http://www.foodsafety.gov>
Food and Nutrition Information Center
<http://www.NAL.usda.gov/fnic>
GatorAde Sports Science Institute
<http://www.gssiweb.com>
Health Canada Nutrition
<http://www.hc-sc.gc.ca/nutrition>
International Food Information Council (IFIC)
<http://ificinfo.health.org>
National Academy of Sciences
Food and Nutrition Board
<http://www4.nationalacademics.org/IOM/IOMHome.nsf/Pages/Food + Nutrition + And + Board>
National Clearinghouse for Alcohol and Drug Information
<http://www.health.org>
National Council for Reliable Health Information
<http://www.ncahf.org>
National Institute of Nutrition (Canada)
www.nin.ca

National Institutes of Health
<http://www.nih.gov/health/consumer/conicd.htm>
National Osteoporosis Foundation
<http://www.nof.org>
Shape Up America
<http://www.shapeup.org>
Runner's World Sport Nutrition
www.Runnersworld.com/nutrition
Quackwatch, Inc.
www.quackwatch.com
United States Department of Agriculture
Food and Nutrition Information Center
National Agriculture Library
<http://www.nal.usda.gov/fnic/>
United States Department of Health and Human Services
Healthy People 2010
www.health.gov/healthypeople
United States Olympic Committee
<http://www.olympic-usa.org>
USA Today Health: Diet
<http://www.usatoday.com/life/health/diet/lhdie000.htm>

If you are interested in doing scientific literature searches, the following sites provide access to Medline, the computerized literature retrieval system of the National Library of Medicine. Medscape is one of the best places to start health searches.

Medscape
<http://www.medscape.com>
National Library of Medicine
<http://www.nlm.nih.gov>

The following USDA Web site provides data on the nutrient composition of most foods. Included in the analysis of each food is the water content (g), energy (Calories and kilojoules), protein (g), total fat (g), carbohydrate (g), total dietary fiber (g), ash (g), minerals (Ca, Fe, Mg, P, K, Na, Zn, Cu, Mn), vitamins (C, thiamin, riboflavin, niacin, pantothenic acid, B-6, folate, B-12, A, E), eight saturated fatty acids, four monounsaturated fatty acids, seven polyunsaturated fatty acids, cholesterol, phytosterols, and eighteen amino acids.

http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl