

Evidence-Based Nutrition Resources

Choose My Plate

<http://www.choosemyplate.gov/>

- ❖ Provides dietary guidance via tools such as the MyPlate graphic (replaces the Food Guide Pyramid), food trackers, meal plans, and healthy eating tips for various life stages and conditions.



Dietary Guidelines for Americans 2010

<http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

- ❖ The federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity. Updated every 5 years. The cornerstone of government nutrition policy and education activities.

Fruits & Veggies More Matters

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

- ❖ Promotes eating more fruits and vegetables with tips on health benefits, shopping, cooking, and how to engage kids.



Mediterranean Diet <http://oldwayspt.org/programs/mediterranean-foods-alliance>

- ❖ A lifestyle approach to healthy eating that emphasizes fruits, vegetables, whole grains, beans, nuts, seeds and healthy fats.

Your Guide to Lowering Your Blood Pressure with DASH

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

- ❖ DASH, Dietary Approaches to Stop Hypertension, is an eating plan proven to lower blood pressure. A well balanced plan that also supports healthy weight goals.



Your Guide to Lowering Your Cholesterol with TLC

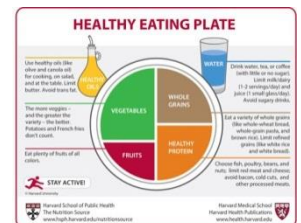
http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.pdf

- ❖ TLC, Therapeutic Lifestyle Changes, is a three-part program that uses diet, physical activity and weight management to lower cholesterol.

Harvard School of Public Health, Nutrition Source

<http://www.hsph.harvard.edu/nutritionsource/>

- ❖ Evidenced-based diet and nutrition information. Creators of the healthy eating plate as a more detailed visual guide to healthy eating.



Weight-Control Information Network

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

- ❖ Provides up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues.

Academy of Nutrition and Dietetics

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

- ❖ The professional site of registered dietitians. Resources for the public include healthy eating for weight management, life stages and specific disease/dietary needs.



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