

## Wellness Series: Nutrition

### Part 1: Evaluating Sources

1. Video: Evaluating Internet Health Information (from the National Institutes of Health)  
[http://www.nlm.nih.gov/medlineplus/webeval/webeval\\_start.html](http://www.nlm.nih.gov/medlineplus/webeval/webeval_start.html)
2. The “CRAAP” test: Currency, Relevancy, Authority, Accuracy, Purpose

### Part 2: Free Web Sources

3. FamilyDoctor.org: <http://familydoctor.org/familydoctor/en.html>.
  - a. From the American Academy of Family Physicians
  - b. Go to **Prevention & Wellness** --- > **Food & Nutrition**.
  - c. From **Food & Nutrition** --- > **Healthy Food Choices** ---- > *Organic Foods: What You Need to Know*
4. Nutrition.gov: <http://www.nutrition.gov/>
  - a. Federal government “gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.”
  - b. Go to **What’s In Food** --- > **Look Up Calories or Nutrients in Food**.
  - c. **Smart Nutrition 101** --- > **Nutrition for everyone**
  - d. **Life Stages**
  - e. **Weight Management**
5. ChooseMyPlate.gov: <http://www.choosemyplate.gov/>
  - a. United States Department of Agriculture
  - b. **Myplate**
  - c. **Supertracker** – can be personalized
  - d. **Daily Food Plan** (under Supertracker)
  - e. **Healthy Eating Tips**

### Part Three: Food Labels & Expiration Dates

6. FDA.gov --- > How to Understand and Use the Nutritional Facts Label:  
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>
7. Proposed Changes to Food labels
8. Expiration Date vs. Best Buy: <http://www.webmd.com/a-to-z-guides/features/do-food-expiration-dates-matter>

### Part Four: Library Databases

9. Library online databases are products that we subscribe to that provide information, research, articles, and more on a wide range of research topics. To view a list of our databases, click on **Research**, and then **Databases**.
10. Select the subject **Health** and it will bring up all the databases which provide online access to Health topics.
11. **Medline** (medical research for health professionals) vs. **MedlinePlus** (health information for the general public).
12. If you have any questions, please ask an AHML staff member!