



## **Older Adults General Nutrition Resource List September 2013**

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

### A. Web Available Resources

#### 1. General Nutrition and Health

##### **AgePage—Healthy Eating After 50**

United States Department of Health and Human Services (DHHS), National Institutes of Health (NIH), National Institute on Aging

**Description:** This 14-page brochure provides information on appropriate eating for older adults. Outlines nutrient needs for older adults. 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/health/publication/healthy-eating-after-50>  
[http://www.nia.nih.gov/sites/default/files/healthy\\_eating\\_after\\_50.pdf](http://www.nia.nih.gov/sites/default/files/healthy_eating_after_50.pdf) (PDF | 224 KB)

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

##### **Consumer Corner: Seniors**

United States Department of Agriculture (USDA), National Agricultural Library (NAL), 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/consumers/ages-stages/seniors>

##### **Eating Well as You Get Older ~ NIH Senior Health**

DHHS, NIH, 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/benefitsofeatingwell/01.html>

##### **Eating Well Over 50: Nutrition and Diet Tips for Healthy Eating as You Age**

Helpguide.org

**Description:** Online fact sheet provides information for older adults on why nutrition is important, nutrient needs, tips for creating a well-balanced diet, overcoming obstacles, and handling physical and lifestyle changes.

**Web site:** [http://www.helpguide.org/life/senior\\_nutrition.htm](http://www.helpguide.org/life/senior_nutrition.htm)



### **Evaluating Health Information**

DHHS, NIH, National Library of Medicine

**Description:** A web page with many resources for learning how to determine if health information is reliable. The page includes tutorials, articles (some in both English and Spanish), a section specifically for seniors and links to more information.

**Web site:** <http://www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html>

### **Fit and Fabulous as You Mature**

DHHS, NIH, The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Weight-control Information Network

**Description:** This 23-page booklet provides tips for healthy eating and safe physical activity for older adults, specifically African American women. Resource includes information about label reading, serving sizes and eating out.

**Web sites:** <http://win.niddk.nih.gov/publications/mature.htm>  
<http://win.niddk.nih.gov/publications/PDFs/FitandFabulous.pdf> (PDF | 1.8 MB)

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

### **Healthy Aging**

Academy of Nutrition and Dietetics (AND)

**Description:** Online resource separated into two sections – “Nutrition for Older Adults” and “Food Safety Risks for Older Adults.” 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?”, “Nutrition and Older Men”, and “Home Food Safety 101.”

**Web site:** <http://www.eatright.org/Public/landing.aspx?TaxID=6442451997>

### **MyPlate**

United States Department of Agriculture

**Description:** Provides nutrition information, sample menus and recipes, tips for eating on a budget, and more for all ages. Provides a link to the SuperTracker – a tool that can be used to plan, analyze, and track diet and physical activity.

**Web site:** <http://www.choosemyplate.gov>

### **What’s on Your Plate? Smart Food Choices for Healthy Aging.**

DHHS, NIH, National Institute on Aging

**Description:** Booklet describes the Dietary Guidelines for Americans, 2010 with a special emphasis on applications for adults aged 50 and older. Topics include USDA food patterns, portion sizes, nutrition labels, nutrients, lifestyle, shopping, food safety, sample menus and recipes.

**Web site:** <http://www.nia.nih.gov/health/publication/whats-your-plate-smart-food-choices-healthy-aging>



**Ordering Information:** Print copies may be ordered from the National Institute on Aging by phone or online at <http://newcart.niapublications.org/order/order.aspx?id=BK030>. See Section III for contact information.

### **Young at Heart: Tips for Older Adults**

DHHS, NIH, NIDDK, Weight-control Information Network

**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/young_heart.htm)  
<http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf> (PDF | 2.9 MB)

**Ordering Information:** Print copies may be ordered 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.

## **2. Disease Prevention and Common Conditions**

### **Answers by Heart**

American Heart Association

**Description:** This website links to dozen of downloadable information sheets on cardiovascular conditions, treatments and tests, and lifestyle and risk reduction. Many of the sheets are also available in Spanish, Traditional Chinese, Simplified Chinese and Vietnamese.

**Website:** [http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets\\_UCM\\_300330\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets_UCM_300330_Article.jsp)

**Ordering Information:** Pamphlets may also be ordered on many of the same topics at: <http://educationpackets.heart.org/> or by contacting the American Heart Association directly. See Section III for contact information.

### **The Facts About Fiber**

American Institute for Cancer Research

**Description:** This brochure provides an overview of fiber and the importance of a high fiber diet for cancer prevention and to help with other health concerns. 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:** Copies may be ordered online, by mail, or by phone from the American Institute of Cancer Research. See Section III for contact information. Order online at: [http://www.aicr.org/site/PageServer?pagename=pub\\_facts\\_fiber](http://www.aicr.org/site/PageServer?pagename=pub_facts_fiber)

### **It's Not Too Late to Prevent Diabetes**

DHHS, NIH, NIDDK, National Diabetes Education Program

**Description:** This 4-page booklet includes physical activity and nutrition tips and resources to help prevent or delay the onset of diabetes.



**Web sites:** <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=75> and [http://ndep.nih.gov/media/nottolate\\_tips.pdf](http://ndep.nih.gov/media/nottolate_tips.pdf) (PDF | 3.1 MB)

**Ordering Information:** Up to 10 print copies may be ordered for free online, by mail, or by phone from the National Diabetes Education Program. Publication number is NDEP-75. See Section III for contact information. .

### **Nutrition After Fifty: Tips and Recipes**

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://preventcancer.aicr.org/site/DocServer/Nov2007\\_After\\_50\\_FINAL.pdf?docID=1571](http://preventcancer.aicr.org/site/DocServer/Nov2007_After_50_FINAL.pdf?docID=1571)  
(PDF | 2MB)

**Ordering Information:** Copies may be ordered for free online, by mail, or by phone from the American Institute for Cancer Research. Order online at [http://www.aicr.org/site/PageServer?pagename=pub\\_nutrition\\_af](http://www.aicr.org/site/PageServer?pagename=pub_nutrition_af). See Section III for contact information.

### **Oral Health: Older Adults**

DHHS, NIH, National Institute of Dental and Craniofacial Research

**Description:** This site provides links to information about oral issues commonly experienced by older adults such as dry mouth, gum disease, oral cancer and finding dental care.

**Website:** <http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/OlderAdults/>

### **Osteoporosis ~ NIHSeniorHealth**

DHHS, NIH, 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/whatisosteoporosis/01.html>

### **What I Need to Know About Constipation**

DHHS, NIH, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

**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. Includes other organizations to contact. Available in English, Spanish and PDF versions.

**Web sites:** [http://digestive.niddk.nih.gov/ddiseases/pubs/constipation\\_ez/index.htm](http://digestive.niddk.nih.gov/ddiseases/pubs/constipation_ez/index.htm)  
(English)

[http://digestive.niddk.nih.gov/spanish/pubs/constipation\\_ez/index.aspx](http://digestive.niddk.nih.gov/spanish/pubs/constipation_ez/index.aspx) (Spanish)



[http://digestive.niddk.nih.gov/ddiseases/pubs/constipation\\_ez/constipation\\_508.pdf](http://digestive.niddk.nih.gov/ddiseases/pubs/constipation_ez/constipation_508.pdf)  
(PDF | 912 KB)

**Order information:** Hard copies available to order from the NIDDK. 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.

### **What Is the DASH (Dietary Approaches to Stop Hypertension) Eating Plan?**

DHHS, NIH, National Heart Lung and Blood Institute

**Description:** This site explains and helps people get started with the DASH eating plan for preventing and lowering high blood pressure.

**Web site:** <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>

## **3. Special Concerns for Older Adults**

### **i. Food Assistance and Food Resource Management (including Thrifty Food Shopping, Meal Planning and Cooking)**

#### **Eat Right When Money's Tight**

USDA, NAL, 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/resource-library/eat-right-when-moneys-tight>

#### **Eldercare Locator**

DHHS, 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 39 KB)

### **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. You can enter your zip code on this Web site and get contact information for local Meals on Wheels locations.

**Web site:** [www.mowaa.org/Page.aspx?pid=253](http://www.mowaa.org/Page.aspx?pid=253)

**Phone:** 888-998-6325

### **Nutrition Assistance Resource Guide**

USDA, NAL, Food and Nutrition Information Center

**Description:** This publication contains resources for people in need of food 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 sites:** <http://www.nal.usda.gov/fnic/pubs/nutritionassistance.pdf> (PDF | 173 KB)

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

<http://www.nal.usda.gov/fnic/pubs/nutritionassistance-supplement.pdf> (PDF | 541 KB)

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

### **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 Special Rules for the Elderly**

USDA, Food and Nutrition Service (FNS), Supplemental Nutrition Assistance Program (SNAP)

**Description:** Online fact sheet that 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](http://www.fns.usda.gov/snap/applicant_recipients/eligibility.htm#Special)





## ii. Food Safety

### Food Safety for Older Adults

DHHS, FoodSafety.gov

**Description:** This Web site provides links to resources on food safety for older adults including two brochures and a podcast on food safety for older adults.

**Web site:** <http://www.foodsafety.gov/poisoning/risk/olderadults/index.html>

### Older Adults and Food Safety

USDA, Food Safety and Inspection Service

**Description:** Online fact sheet that gives an overview of foodborne illness, safe food handling, cooking temperatures, and more for older adults.

**Web site:** [http://www.fsis.usda.gov/wps/wcm/connect/ab56957a-3f3c-4b67-aece-44ef1890b0fd/Older\\_Adults\\_and\\_Food\\_Safety.pdf?MOD=AJPERES](http://www.fsis.usda.gov/wps/wcm/connect/ab56957a-3f3c-4b67-aece-44ef1890b0fd/Older_Adults_and_Food_Safety.pdf?MOD=AJPERES)

### USDA Meat and Poultry Hotline

USDA, Food Safety and Inspection Service

**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

**Email:** [mph hotline.fsis@usda.gov](mailto:mph hotline.fsis@usda.gov)

**Ask Karen Web site:** <http://www.foodsafety.gov/experts/askkaren/index.html>

*Chat services available weekdays, 10:00 a.m. – 4:00 p.m. Eastern Time.*

## iii. Dietary Supplements/Food-Drug Interactions

### 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 | 792KB)

### Medicines and You: A Guide for Older Adults

DHHS, Administration on Aging

**Description:** This educational booklet discusses information about prescription drugs, how to cut medication costs and how to use medications safely. May be downloaded online or hardcopies can be ordered online.

**Website:** [http://acl.gov/NewsRoom/Publications/docs/Medicines\\_and\\_You.pdf](http://acl.gov/NewsRoom/Publications/docs/Medicines_and_You.pdf) (PDF | 339 KB)



### **Tips for Older Dietary Supplement Users**

DHHS, Food and Drug Administration

**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/UsingDietarySupplements/ucm110493.htm>

## **B. Books and Cookbooks**

### **American Dietetic Association Complete Food and Nutrition Guide, 4<sup>th</sup> Edition**

Roberta Larson Duyff, MS, RD, FADA, CFCS

Wiley Publishing, Inc., 2012

**ISBN:** 0470912073

**NAL Call Number:** RA784 .D89 2012

**Description:** This book serves as a nutrition guide based on the latest healthy eating advice and the 2010 Dietary Guidelines for Americans. Practical tips and advice for every stage of life are offered. The book includes sections applicable to any age group on nutrition, managing weight, healthy eating, and food safety.

### **Community Resources for Older Adults: Programs and Services in an Era of Change, 4<sup>th</sup> Edition**

Robbyn R. Wacker and Karen A. Roberto

SAGE Publications, 2013

**ISBN:** 978-1452202464

**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.

### **The DASH Diet Action Plan**

Marla Heller, MS, RD

Grand Central Publishing 2011

**ISBN:** 9781455512805

**Description:** This book provides an overview of the DASH (Dietary Approaches to Stop Hypertension) diet. Studies have shown that following the DASH diet lowers blood pressure and improves other health factors. This book includes a month of meal plans, recipes and shopping lists, tips on nutrition and physical activity and tools to help you develop a personalized diet plan.



## **The New American Heart Association Cookbook, revised 8<sup>th</sup> Edition**

American Heart Association

Clarkson & Potter, 2012

**ISBN:** 0307587576

**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.

## **One Bowl: Simple Healthy Recipes for One**

Stephanie Bostic, MS

Stephanie Bostic, 2011

**ISBN:** 978-1463690724

**Description:** This cookbook provides simple, easy-to-read recipes for one person. Both vegetarian and non-vegetarian recipes are included, but the focus is on healthy, plant-based meals. The author provides advice on meal planning, keeping track of what you eat and keeping your pantry stocked with healthy items. Many of the recipes can also be expanded to feed more than one person.

## **C. Newsletters**

### **Administration for Community Living, eNews**

<http://acl.gov/NewsRoom/eNewsletter/Index.aspx>

Format: Weekly electronic newsletter

### **American Cancer Society, *New Connections***

<http://www.cancer.org/treatment/supportprogramsservices/supportresources/index>

Format: Bimonthly electronic newsletter

### **American Diabetes Association, eNewsletters**

[http://main.diabetes.org/site/PageServer?pagename=EM\\_signup](http://main.diabetes.org/site/PageServer?pagename=EM_signup)

Format: Electronic newsletters (several to choose from)

### **American Heart Association, *Heart-Health E-news***

[http://www.heart.org/HEARTORG/General/Sign-Up-for-Our-Heart-Health-E-newsletters\\_UCM\\_314643\\_Article.jsp](http://www.heart.org/HEARTORG/General/Sign-Up-for-Our-Heart-Health-E-newsletters_UCM_314643_Article.jsp)

Format: Monthly electronic newsletter

### **American Institute for Cancer Research, *Newsletter***

[http://www.aicr.org/site/PageServer?pagename=aicr\\_publications\\_newsletter](http://www.aicr.org/site/PageServer?pagename=aicr_publications_newsletter)

Format: Quarterly print newsletter



**American Institute for Cancer Research, eNews**

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

Format: Monthly electronic newsletter

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

[http://www.johnshopkinshealthalerts.com/health\\_after\\_50/index.html#current](http://www.johnshopkinshealthalerts.com/health_after_50/index.html#current)

Format: Monthly print newsletter or electronic Health Alerts

**National Center on Health, Physical Activity and Disability, *NCHPAD NEWS***

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

Format: Monthly electronic newsletter

**National Institutes of Health, *News in Health***

<http://newsinhealth.nih.gov/>

Format: Monthly print and electronic newsletter

**Tufts University, *Health & Nutrition Letter***

<http://www.tuftshealthletter.com/>

Ordering Phone: 800-274-7581

Format: Monthly print newsletter and email updates

**University of California, *Berkeley Wellness Letter***

<http://alerts.berkeleywellness.com/register/>

Format: Monthly print newsletter and email alerts

## **Section II: Older Adults and Nutrition – Resources for Professionals**

### **A. Web Available Resources**

**Administration on Aging Bibliographic Database**

DHHS, Administration on Aging

**Description:** The database contains abstracts of materials that support demonstration, research, and training programs designed to promote best practices in programs and services for older adults.

**Web site:**

[http://www.aoa.gov/AoARoot/AoA\\_Programs/Tools\\_Resources/AoA\\_Biographic.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/Tools_Resources/AoA_Biographic.aspx)

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

DHHS, Administration on Aging

**Description:** Reference for contacting state nutritionists and administrators.

**Web site:**

[http://www.aoa.gov/AoA\\_programs/HCLTC/Nutrition\\_Services/docs/Contact\\_Information\\_SUA.pdf](http://www.aoa.gov/AoA_programs/HCLTC/Nutrition_Services/docs/Contact_Information_SUA.pdf) (PDF | 61KB)



### **Dietary Reference Intakes (DRI)**

USDA, NAL, Food and Nutrition Information Center

**Description:** National Academy of Sciences, Institute of Medicine, Food and Nutrition Board DRI tables for individuals, vitamins, elements, macronutrients, estimated average requirements and electrolytes and water.

**Web site:** <http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes/dri-tables>

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

USDA, 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/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

### **Food and Drug Administration Automated Information Line**

DHHS, FDA, 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.

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

### **Helping Older Adults Search for Health Information Online: A Toolkit for Trainers**

DHHS, NIH, National Institute on Aging

**Description:** Materials provide a 9-session course specifically for seniors on how to access reliable, up-to-date online health information on their own. Two NIH websites are featured. The material is free to be downloaded from the website.

**Web site:** <http://nihseniorhealth.gov/toolkit/toolkit.html>

### **Lifecycle Nutrition: Aging**

USDA, NAL, 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/lifecycle-nutrition/aging>

### **Older Americans Act and Aging Network**

DHHS, Administration on Aging

**Description:** Includes links to the Older Americans Act (OAA), the Older Americans Act Reauthorization and the National Aging Network.

**Web site:** [http://www.aoa.gov/AOARoot/AoA\\_Programs/OAA/Introduction.aspx](http://www.aoa.gov/AOARoot/AoA_Programs/OAA/Introduction.aspx)



## **Tufts MyPlate for Older Adults**

Tufts University, Friedman School of Nutrition Science and Policy

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

**Web site:** <http://www.nutrition.tufts.edu/research/myplate-older-adults>

## **B. Books**

### **Food Medication Interactions, 17<sup>th</sup> Edition**

Zaneta M. Pronsky, MS, Rd, LDN, FADA, Sr Jeanne Patricia Crowe PharmD, RPH.  
2012

**ISBN:** 0971089655

**Description:** Extensive resource of medications with food or nutrient interactions listed, including grapefruit-drug interactions, drug-alcohol interactions and many others. Reference tables such as lab values also included.

### **Handbook of Nutrition in the Aged, 4<sup>th</sup> 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.

### **Nutrition for the Older Adult**

Melissa Bernstein, PhD, RD, LD and Ann Schmidt Luggen, PhD, GNP

Jones & Bartlett Publishers, 2009

**ISBN:** 0763736244

**NAL Call No:** TX361.A3 B47 2010

**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.*

#### **Administration for Community Living**

**Homepage:** <http://www.acl.gov>

**Contact Information:**

Administration for Community Living  
One Massachusetts Ave NW  
Washington, DC 20001  
Phone: 202-619-0724  
Email: [aclinfo@acl.hhs.gov](mailto:aclinfo@acl.hhs.gov)

#### **Alzheimer's Disease Education and Referral (ADEAR) Center**

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

**Contact Information:**

ADEAR Center  
PO Box 8250  
Silver Spring, MD 20907-8250  
Phone: 800-438-4380  
Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

#### **American Diabetes Association**

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

**Contact Information:**

American Diabetes Association  
ATTN: Center for Information  
1701 North Beauregard Street  
Alexandria, VA 22311  
Phone: 800-DIABETES (800-342-2383)  
Email: [askADA@diabetes.org](mailto:askADA@diabetes.org)

#### **American Heart Association**

**Homepage:** <http://www.heart.org>

**Contact Information:**

American Heart Association National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
Phone: 800-AHA-USA-1 (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)  
Email: [aicrweb@aicr.org](mailto:aicrweb@aicr.org)

**Arthritis Foundation**

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

**Contact Information:**

Arthritis Foundation National Office  
1330 W. Peachtree Street, Suite 100  
Atlanta, GA 30309  
Phone: 404-872-7100 or 800-283-7800

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

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

**Contact Information:**

Feeding America  
35 E. Wacker Dr., Suite 2000  
Chicago, IL 60601  
Phone: 800-771-2303 or 312-263-2303

**Food and Drug Administration**

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

**Contact Information:**

Food and Drug Administration  
10903 New Hampshire Ave  
Silver Spring, MD 20993-0002  
Phone: 888-INFO-FDA (888-463-6332)

**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 108  
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 109  
Beltsville, MD 20705  
Phone: 301-504-6835

**International Food Information Council Foundation**

**Homepage:** <http://www.foodinsight.org>

**Contact Information:**

International Food Information Council Foundation  
1100 Connecticut Avenue NW, Suite 430  
Phone: 202-296-6540  
Email: [info@foodinsight.org](mailto:info@foodinsight.org)

**Iowa COMPASS Center for Disabilities and Development**

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

**Contact Information:**

Iowa COMPASS Center for Disabilities & Development  
100 Hawkins Dr. #S295  
Iowa City, IA, 52242-1011  
Phone: 800-779-2001 or TTY: 877-686-0032  
Email: [iowa-compass@uiowa.edu](mailto:iowa-compass@uiowa.edu)

**Meals on Wheels Association of America**

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

**Contact Information:**

Meals on Wheels Association of America  
413 N. Lee Street  
Alexandria, VA 22314  
Phone: 888-998-6325  
Email: [mowaa@mowaa.org](mailto:mowaa@mowaa.org)

**National Cancer Institute: Cancer Information Service**

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

**Contact Information:**

National Cancer Institute  
BG 9609 MSC 9760  
9609 Medical Center Drive  
Bethesda, MD 20892-9760  
Phone: 800-4-CANCER (800-422-6237)  
Live Chat is available online

**National Center on Health, Physical Activity, and Disability**

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

**Contact Information:**

National Center on Health, Physical Activity and Disability  
4000 Ridgeway Drive



Birmingham, AL 35209  
Phone: 800-900-8086  
Email: [email@nchpad.org](mailto:email@nchpad.org)

**National Diabetes Education Program**

**Homepage:** <http://ndep.nih.gov>

**Contact Information:**

National Diabetes Education Program  
One Diabetes Way  
Bethesda, MD 20814-9692  
Phone: 888-693-NDEP (6337)  
Link to email form: <http://ndep.nih.gov/ContactUs.aspx>

**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  
Email: [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov) *(please include a valid return e-mail address in the body of the message)*

**National Institute on Aging**

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

**Contact Information:**

NIA Information Center  
Building 31, Room 5C27  
31 Center Drive, MSC 2292  
Bethesda, MD 20892  
Phone: 800-222-2225  
Email: [niaic@nia.nih.gov](mailto:niaic@nia.nih.gov)

**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: 877-22-NIAMS (877-226-4267)  
Email: [NIAMSInfo@mail.nih.gov](mailto:NIAMSInfo@mail.nih.gov)



**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

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

**Contact Information:**

Office of Communication & Public Liaison

NIDDK, NIH

Building 31, Room 9A06

31 Center Drive, MSC 2560

Bethesda, MD 20892-2560

Phone: 301-496-3583

Link to email form: <http://www2.niddk.nih.gov/Footer/ContactNIDDK.htm>

**National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases**

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

**Contact Information:**

NIH Osteoporosis and Related Bone Diseases –National Resource Center

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](mailto:NIAMSBoneInfo@mail.nih.gov)

**National Osteoporosis Foundation**

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

**Contact Information:**

National Osteoporosis Foundation

1150 17<sup>th</sup> Street NW, Ste 850,

Washington, D.C. 20036

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

Email: [info@nof.org](mailto:info@nof.org)

**National Parkinson Foundation**

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

**Contact Information:**

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

Miami, Florida 33136-1494

Phone: 800-4PD-INFO (473-4636)

Email: [contact@parkinson.org](mailto:contact@parkinson.org)

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

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

**Contact Information:**

Phone: 800-221-5689

More contact info: [http://www.fns.usda.gov/snap/contact\\_info/default.htm](http://www.fns.usda.gov/snap/contact_info/default.htm)



**United States Department of Agriculture, Food and Nutrition Service**

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

**Contact Information:**

Food and Nutrition Service  
3101 Park Center Drive  
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:**

Food Safety and Inspection Service  
US Department of Agriculture  
1400 Independence Ave SW  
Washington, DC 20250-3700  
Phone: 888-MPHotline (888-674-6854) or TTY: 800-256-7072  
Email: [MPHotline.fsis@usda.gov](mailto:MPHotline.fsis@usda.gov)

**Weight-control Information Network**

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

**Contact Information:**

Weight-control Information Network  
1 WIN Way  
Bethesda, MD 20892-3665  
Phone: 877-946-4627  
Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

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**This resource list was updated and revised by:**

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Agricultural Research Service, USDA  
National Agricultural Library, Room 108  
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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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