



General Nutrition Resource List for Older Adults December 2007

This publication is a collection of resources on the topic of general nutrition for older adults. Resources include books, pamphlets and audiovisuals and are limited to those published from 1987 to 2007. 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 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

General Wellness and Disease Prevention

Age Page—Good Nutrition: It's a Way of life

U.S. Department Of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This 15-page brochure provides information on appropriate eating for older adults. Outlines which foods older adults should including in the diet and how much they should consume. Common concerns such as water requirements, cutting down on salt and keeping costs low are addressed.

Web sites: <http://www.niapublications.org/agepages/nutrition.asp>
http://www.niapublications.org/agepages/PDFs/Good_Nutrition_Its_A_Way_of_Life.pdf (PDF172 KB)

Ordering Information:

National Institute on Aging Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057
Phone: 800-222-2225 or TTY: 800-222-4225

Be Active. Eat Well. Guides to Preventing and Controlling Type 2 Diabetes

Active Living Coalition for Older Adults

Description: The *Be Active. Eat Well* guides were designed to provide information for and about older adults, relating to the prevention of Type 2 Diabetes through physical activity and nutrition. Guides are available in English and French.

Web sites: <http://www.alcoa.ca/e/diabetes.htm>
http://www.alcoa.ca/e/diabetes/olderadults_guide_e.pdf (English PDF142 KB)
http://www.alcoa.ca/f/diabetes/olderadults_guide_f.pdf (Eat Well- French PDF143 KB)

Ordering Information: To order these guides by phone call 800-549-9799 or email alcoa@ca.inter.net

Boning Up on Osteoporosis

AARP (*formerly American Association of Retired Persons*)

Description: This article defines osteoporosis and discusses the role of nutrition in preventing the disease. It outlines a healthy diet, the importance of regular check-ups and screening.

Web site: http://www.aarp.org/health/staying_healthy/prevention/a2004-12-21-osteoporosis.html



DETERMINE Your Nutritional Health

Nutrition Screening Initiative

Description: This 10-item checklist is tool used to screen for nutritional risk, developed in cooperation with the American Academy of Family Physicians, the American Dietetic Association and the National Council on the Aging, Inc. Results of the checklists can be used to suggest possible risk, but do not provide a diagnosis for any health condition.

Web site: http://www.aafp.org/PreBuilt/NSI_DETERMINE.pdf (PDF175.1 KB)

Dietary Reference Intakes (DRI's) for Older Adults

Florida International University, National Policy and Resource Center on Nutrition and Aging

Description: This table provides DRI values for men and women for ages 51 to 70 and over 70. They include the Recommended Dietary Allowances (RDAs) or Adequate Intake (AI) (whichever is available), and the Tolerable Upper Intake Level (UL). The tables were compiled using data from the Institute of Medicine's, *Dietary Reference Intakes*.

Web site:

<http://www.fiu.edu/~nutreldr/SubjectList/D/DRI%20Table%203%20pages%209-13-2004.pdf> (PDF1169 KB)

Eating Well

New York State Office for the Aging

Description: This Web page is part of a larger Web site called *Aging Well: A Health and Wellness Village for Older Adults*. Topics of the Eating Well page cover areas of interest to older adults such as warning signs of poor nutritional health, tips to keep cholesterol low, healthy recipes, and links to several articles and online tools.

Web site: <http://agingwell.state.ny.us/eatwell/index.htm>

Eating Well As We Age

U.S. Department Of Health and Human Services, Food and Drug Administration

Description: Many older adults have difficulty maintaining good nutrition due to problems like difficulty chewing or low appetite. This resource addresses six common nutrition concerns and ways to overcome them. A short discussion on how to read food labels is also included. Available in English and Spanish, in fact sheet or brochure formats.

Web sites: <http://www.fda.gov/opacom/lowlit/eatage.html>

Ordering Information: Obtain up to 50 printed brochures, free by writing to:

FDA, HFI-40

Rockville, MD 20857

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

Please include the publication number FDA05-1107C with your order.



Find a Nutrition Professional

American Dietetic Association

Description: This referral service provided by the American Dietetic Association provides information and referrals for individuals who are seeking a nutrition professional. "Participants in the American Dietetic Association's referral service are professionals or technicians who provide reliable, objective nutrition information, separate facts from fads and translate the latest scientific findings into easy-to-understand nutrition information."

Web site:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4874_ENU_HTML.htm

Fit and Fabulous as You Mature

U.S. Department Of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

Description: This 15-page booklet provides tips for healthy eating and safe physical activity for older adults. Defines a healthy weight and offers ideas for planning and preparing meals.

Web sites: <http://win.niddk.nih.gov/publications/mature.htm>

<http://win.niddk.nih.gov/publications/PDFs/FitandFabulous2004.pdf> (PDF|601 KB)

Ordering Information: Call or write and ask for NIH Publication No. 02-4927 Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627

Fax: 202-828-1028

E-mail: win@info.niddk.nih.gov

Food for Thought—Finger Food Ideas

Alzheimer's Society

Description: This fact sheet provides tips and ideas for finger foods that are appropriate for meals and snacks throughout the day. Finger foods can enhance the diet of those living with dementia, as they make eating easier for people who have difficulty using utensils and cutlery.

Web sites:

http://www.alzheimers.org.uk/Caring_for_someone_with_dementia/Nutrition/fft_fingerfoods.htm (HTML)

http://www.alzheimers.org.uk/site/scripts/document_pdf.php?documentID=366 (PDF|14.8 KB)



Growing Older, Eating Better

U.S. Department Of Health and Human Services, Food and Drug Administration

Description: This publication discusses changes in life that may occur with age such as increased physical problems, special diets, social isolation and the effect they have on eating well. Provides details on federal programs under the Older Americans Act.

Web site: http://www.fda.gov/fdac/features/296_old.html

Lifecycle Nutrition: Aging

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center (FNIC)

Description: This is a Web resource for and about seniors. The Web page links to credible resources on healthy eating, nutrition challenges related to aging, food safety issues and food assistance programs.

Web site:

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&topic_id=1355

Modified MyPyramid for Older Adults

Tufts University, Freidman School of Nutrition Science and Policy

Description: Researchers at Tufts University have developed a modified MyPyramid that emphasizes the nutritional needs of adults over age 70. Nutrient dense foods, fluid balance and regular physical activity are all highlighted.

Web site: http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html

NIHSeniorHealth.gov

U.S. Department Of Health and Human Services, National Institutes of Health

Description: NIHSeniorHealth.gov is a Web site created by the National Library of Medicine and the National Institute on Aging. The site provides comprehensive nutrition-related information as well as a variety of other health and medical information specific to older adults.

Web site: <http://nihseniorhealth.gov/>

Nutrition After Fifty

American Institute for Cancer Research

Description: Written specifically for people over the age of 50, this booklet provides general information and practical strategies for maintaining a healthy diet. It focuses on common age-related issues such as chewing difficulty, unintentional weight loss, and constipation. The booklet also includes recipes that are healthy and easy to prepare.

Web sites: http://www.aicr.org/site/PageServer?pagename=pub_nutrition_af
<http://aicr.convio.net/site/DocServer/af.pdf?docID=102&AddInterest=1421>
(PDF|478 KB)



Ordering Information: Free orders can be shipped to U.S. addresses only. Please allow two weeks for delivery. Order online or write:
American Institute for Cancer Research
1759 R Street NW
Washington, DC 20009
Phone: 800-843-8114

Oral Changes with Age

The American Dental Association

Description: This resource is a collection of answers to frequently asked questions regarding oral and dental health for older adults.

Web Site: http://www.ada.org/public/topics/oral_changes_faq.asp

Prevent and Control High Blood Pressure: What every mid-life and older American should know

U.S. Department Of Health and Human Services, National Institutes of Health, National Heart Lung and Blood Institute

Description: This 2-page fact sheet explains the risks associated with high blood pressure and provides tips for preventing heart disease. Offers eight ideas to prevent high blood pressure.

Web site: <http://hp2010.nhlbihin.net/mission/partner/midlife.pdf> (PDF|203 KB)
<http://email.nhlbihin.net/product2.asp?sku=04-5240>

Ordering Information: Single copies are free, additional copies are \$0.25 each. Order by phone or mail or from Web site. Ask for Item Number: 04-5240.

To order by mail, include a check or credit card number and send to:

NHLBI Health Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

301-592-8573 or TTY: 240-629-3255

Senior Series Fact Sheets: Nutrition Topics

Ohio State University Extension and Ohio Department of Aging

Description: This series consists of nineteen fact sheets on a variety of topics ranging from the different food groups in MyPyramid to using herbs to flavor foods and reducing the risk of foodborne illness (food poisoning). Each issue of the "Senior Series" is available in HTML and PDF formats.

Web site: <http://www.hec.ohio-state.edu/famlife/aging/fsnutrition.htm>



Young at Heart: Tips for Older Adults

U.S. Department Of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

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.

Web sites: http://win.niddk.nih.gov/publications/young_heart.htm
<http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf> (PDF|857 KB)

Ordering Information: Call or write and ask for NIH Publication No. 02-4993
Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627

Fax: 202-828-1028 |

E-mail: win@info.niddk.nih.gov

Fiber and Regularity

Age Page--Concerned about Constipation

U.S. Department Of Health and Human Services, National Institutes of Health, National Institutes of Aging

Description: This fact sheet reviews possible causes, treatment and resources for dealing with constipation. Available in English and Spanish.

Web Site: <http://www.niapublications.org/agepages/const.asp> (English)
<http://www.niapublications.org/agepages/const-sp.asp> (Spanish)

Bulking up Fiber's Healthful Reputation

U.S. Department Of Health and Human Services, Food and Drug Administration

Description: This Web page provides an overview of the health benefits of fiber including its potential role in preventing disease, including heart disease, digestive disorders and some cancers. Also gives tips for increasing your fiber consumption.

Web site: http://www.pueblo.gsa.gov/cic_text/food/bulkfibr/bulkfibr.htm

Fiber Content of Selected Foods

United States Department of Agriculture, National Nutrient Database for Standard Reference

Description: This 26-page table provides values (in grams) for total dietary fiber found in common measurements of hundreds of food items.

Web site: <http://www.nal.usda.gov/fnic/foodcomp/Data/SR16-1/wtrank/16-1w291.pdf> (PDF|221 KB)



Fiber: How to Increase the Amount in Your Diet

American Academy of Family Physicians

Description: This fact sheet summarizes reasons for eating fiber and provides tips on how to increase fiber in the diet. Provides a small list of food high in dietary fiber.

Web site: <http://familydoctor.org/online/famdocen/home/healthy/food/general-nutrition/099.html>

What I Need to Know About Constipation, 2003

U.S. Department Of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases

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. Available in Spanish and English.

Web sites:

http://digestive.niddk.nih.gov/ddiseases/pubs/constipation_ez/index.htm (English)

http://digestive.niddk.nih.gov/spanish/pubs/constipation_ez/index.htm (Spanish)

Food Assistance

Commodity Supplemental Food Program (CSFP)

United States Department of Agriculture, Food and Nutrition Service, Food Distribution Programs

Description: The CSFP program aims to improve the health of low income adults over 60 by supplementing their diets with nutritious USDA commodity foods. Local agencies determine the eligibility of applicants, distribute the foods, and provide nutrition education. Elderly persons must have income at or below 130 percent of the Federal Poverty Income Guidelines. States may also have additional residency or nutritional risk requirements. Not available in all states.

Program Web site: <http://www.fns.usda.gov/fdd/programs/csfp/>

Web site of state and agency contacts:

<http://www.fns.usda.gov/fdd/contacts/sdacontacts.htm>

Program Fact Sheet: <http://www.fns.usda.gov/fdd/programs/csfp/pfs-csfp.pdf>
(PDF149.6 KB)

Phone: 703-305-2888



Eldercare Locator

U.S. Department Of Health and Human Services, 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. Includes information on home delivered meals, home health services, transportation, and other related services. Telephone service available on weekdays from 9:00am to 8:00pm (ET).

Web site: <http://www.eldercare.gov>

Phone: 800-677-1116

Food Bank Locator

America's Second Harvest

Description: America's Second Harvest provides 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://www.secondharvest.org/zip_code.jsp

Phone: 800-771-2303

Before you call...

"Please note that many food banks and food-rescue organizations do not provide direct food assistance to families and individuals, but do provide food to soup kitchens, food pantries and shelters. Your local food bank or food-rescue organization can refer you to soup kitchens and food pantries in your area. These community agencies provide direct food assistance."

Food Stamp Program

United States Department of Agriculture, Food and Nutrition Service

Description: The Food Stamp Program is a federal food assistance program that helps low income individuals and families buy food. Individuals must apply for Food Stamp benefits by completing an application from their State.

Program Web site: <http://www.fns.usda.gov/fsp/>

Directory of State FSP Hotlines:

http://www.fns.usda.gov/fsp/contact_info/hotlines.htm

Phone: 800-221-5689

Food Stamp Special Rules for the Elderly or Disabled

United States Department of Agriculture, Food and Nutrition Service, Food Stamp Program

Description: This resource is an online fact sheet which provides information on the application process for food stamps and reviews eligibility requirements specific to older adults.

Web site: http://www.fns.usda.gov/fsp/rules/Elderly_disabled.htm



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. This Web site provides information, including address, telephone number and directions to Meals on Wheels service locations across the country.

Web site:

<http://www.mowaa.org/searchMealProgram.asp?mid=131¤tid=132&type=l>

Phone: 703-548-5558

Older Americans Act—The Elderly Nutrition Program

U.S. Department Of Health and Human Services, Administration on Aging

Description: A fact sheet providing information on the structure, services and criteria for eligibility in the services provided by the Older Americans Act. Web site includes a section of Frequently Asked Questions about the 2000 Amendments to the Older Americans Act.

Web Site: http://www.aoa.gov/press/fact/alpha/fact_elderly_nutrition.asp

Senior Farmers' Market Nutrition Program

United States Department of Agriculture, Food and Nutrition Service

Description: This Web site and online fact sheet provide an overview of what the Senior Farmers' Market Nutrition Program is, who is eligible, how the organization operates, and the current funding levels. The site links to contact information for each state.

Program Web site: <http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm>

Program Fact Sheet: <http://www.fns.usda.gov/wic/SFMNP-Fact-Sheet.pdf>
(PDF133.9 KB)

Food Resource Management (Thrifty Food Shopping, Meal Planning and Cooking)

Healthy Eating Alone

Colorado State University Extension

Description: This fact sheet includes tips to help make dining for one an enjoyable experience.

Web site: <http://www.ext.colostate.edu/pubs/columnha/ha9805.html>

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> (PDF138.6 KB)



Quick and Healthy Nutrition on a Budget

American Dietetic Association, Gerontological Nutritionists Dietetic Practice Group

Description: A collection of fact sheets prepared specifically for older adults on topics related to food resource management, including “fast food,” shopping tips, and staying financially fit. Fact sheets are Microsoft Word documents and contain large print text.

Web site:

<http://www.fiu.edu/~gn/Resources/QuickandHealthyNutritiononaBudget.htm>

Shopping Solutions for Healthful Eating

American Dietetic Association

Description: This 2-page fact sheet reviews shopping strategies for making healthy choices and save both money and time. Provides tips on making lists and reading food labels.

Web site: <http://www.eatright.org/ada/files/nfs0303b.pdf> (PDF1102 KB)

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>

Stretching Your Supermarket Dollars

University of Florida Institute of Food and Agricultural Sciences

Description: This fact sheet includes a step-by-step plan to help control grocery expenses. The plan encourages individuals to become familiar with their grocery needs, bargain hunt, be aware of when and where to shop, as well as observe quantities of food purchased.

Web sites: <http://edis.ifas.ufl.edu/HE677>

The Kitchen: The Environment and Dementia

Alzheimer's Australia

Description: This resource is a fact sheet for individuals with dementia and their caregivers. Discusses kitchen safety and provides precautions for appliances and other potential hazards in the kitchen.

Web site: <http://www.alzheimers.org.au/upload/ead02.qxp.pdf> (PDF163.1 KB)



What's For Dinner? Independent Tips for Cooking and Dining

Iowa COMPASS Center for Disabilities and Development

Description: This brochure contains information on aids and adaptations for use in the kitchen and dining room. Information is targeted toward individuals who experience difficulties in handling kitchen tools or silverware.

Web site: <http://www.uiowa.edu/infotech/Whatsfordinner.pdf> (PDF1169 KB)

Food Safety

Food and Drug Administration Automated Information Line

U.S. Department Of Health and Human Services, Food and Drug Administration, 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 seafood, fruits and vegetables, as well as rules that govern food safety in restaurants and grocery stores. This service provides over 200 hours of recorded messages, and Information Specialists can respond to specific inquiries during the business hours noted below. The service also offers many CFSAN documents available by fax or mail.

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

Recorded messages are available 24 hours a day. Callers may speak directly with Information Specialists from 10:00 a.m. to 4:00 p.m. Eastern Time, Monday through Friday, except Federal holidays.

Food Safety for Older Adults

United States Department of Agriculture, Food Safety and Inspection Service

Description: This is a 19-page booklet which provides an in-depth look into food safety and information about bacteria and germs that cause food borne illness (food poisoning). The material outlines common foods that are a high risk of causing foodborne illness. Advice on safe food shopping, transport, and storage is also provided. The publication contains a description of symptoms of foodborne illness and offers an action plan for when symptoms are suspected.

Web sites: http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf (PDF11.33 MB)

http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults_Text.pdf (Text only PDF1134 KB)



Food Safety for Seniors

U.S. Department Of Health and Human Services, Food and Drug Administration, Office of Women's Health

Description: Older adults are at a higher risk of becoming ill from eating raw foods. This online fact sheet teaches what foods to avoid and why.

Web sites: http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors.htm
http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors.pdf (PDF|107 KB)
http://www.pueblo.gsa.gov/cic_text/food/foodsafetyfs/seniors_sp.htm

Ordering Information: Call 888-8 PUEBLO (888-878-3256) and ask for publication 648P

Seniors and Food Safety: Preventing Foodborne Illness

FDA, Center for Food Safety and Applied Nutrition

Description: This Web site is a "clickable" resource for older adults. The site provides information about changes in the digestive and immune systems that occur with aging, and explains why older adults need to be careful to avoid foodborne illnesses and food poisoning. Provides tips on how to reduce chances of getting a foodborne illness. The Web site reviews food safety practices during grocery shopping, food preparation, eating out and more.

Web sites: <http://www.cfsan.fda.gov/~dms/seniors.html>
<http://www.cfsan.fda.gov/~acrobat/seniors.pdf> (PDF|325 KB)

To Your Health! Food Safety for Seniors

U.S. Department Of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition

Description: This is a 17-page booklet which provides comprehensive information about food safety for older adults. The booklet defines who is at risk of and how to recognize a foodborne illness (food poisoning), as well as outlining safe temperature ranges for various foods.

Web sites: <http://www.foodsafety.gov/~fsg/sr2.html>
<http://www.cfsan.fda.gov/~acrobat/sr2.pdf> (PDF|851 KB)
<http://www.cfsan.fda.gov/~acrobat/ssr2.pdf> (PDF in Spanish|661 KB)

USDA Meat and Poultry Hotline

United States Department of Agriculture, Food Safety and Inspection Service (FSIS)

Description: This toll-free hotline is staffed by food safety specialists who can answer questions about safe handling of meat, poultry and egg products; recorded messages are also available. Questions can be answered in English and Spanish.

Phone: 888-MPHotline (888-674-6854) TTY: 800-256-7072

Available Monday through Friday 10 a.m. to 4 p.m., EST. Closed on Federal Government holidays except Thanksgiving Day. Hours of operation on Thanksgiving are 8 a.m. to 2 p.m., EST.



Email questions to: mpholine.fsis@usda.gov

Web site:

[http://www.fsis.usda.gov/Food_Safety_Education/USDA Meat & Poultry Hotline/](http://www.fsis.usda.gov/Food_Safety_Education/USDA_Meat_&_Poultry_Hotline/)

Ask Karen Web site:

http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp

Physical Activity

Age Page—Exercise and Physical Activity: Getting Fit For Life

U.S. Department Of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This handout provides examples of ways to be active and gives safety tips for starting an exercise routine

Web sites: <http://www.niapublications.org/agepages/exercise.asp>
[http://www.niapublications.org/agepages/PDFs/Exercise and Physical Activity-Getting Fit For Life.pdf](http://www.niapublications.org/agepages/PDFs/Exercise_and_Physical_Activity-Getting_Fit_For_Life.pdf) (PDF1104 KB)

Canada's Physical Activity Guide to Healthy Active Living for Older Adults

Public Health Agency of Canada

Description: This is a guide to physical activity for older adults based on *Canada's Food Guide to Healthy Eating*. Resource includes a guide and accompanying handbook.

Web sites: <http://www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html>
http://www.phac-aspc.gc.ca/pau-uap/fitness/pdf/guide_older_e.pdf (Guide PDF1.14 MB)

http://www.phac-aspc.gc.ca/pau-uap/fitness/pdf/guide_handbook_older.pdf (Handbook PDF1889 KB)

Ordering Information: To order a paper copy of Canada's Physical Activity Guide to Healthy Active Living for Older Adults, visit the ordering Web site online at

<http://www.phac-aspc.gc.ca/pau-uap/fitness/order.html> or call 888-334-9769, ask for publication # H39-429/1998-1E (English) or H39-429/1998-1F (French)

Exercise: A Guide from the National Institute on Aging

U.S. Department Of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This guidebook provides information on the benefits of exercise, how to get started and stay motivated, improving or maintaining endurance, strength, balance, and flexibility. The guidebook also reviews proper nutrition. Pictures and instructions are provided for each exercise. A paper copy of the book can be ordered from the Web site for free or a PDF version can be downloaded. Available in English and Spanish. A companion video (English only) is also available to order for a small charge.



Web sites:

<http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf> (PDF in English|3.12 MB)

<http://www.niapublications.org/pubs/ejercicio/index.asp> (Spanish)

Ordering Information: To order by phone, call 800-222-2225 or order online at:

<http://www.niapublications.org/exercisebook/exercisebook.asp>

Fitness Facts, Tips & Handouts

American Senior Fitness Association

Description: This resource is a collection of six handouts containing fitness information and tips for older adults who are beginning or expanding an exercise program.

Web site: <http://www.seniorfitness.org/sfafit.htm>

How to Select an Age-Friendly Fitness Facility

The International Council on Active Aging

Description: This checklist can be used to compare and rate local fitness facilities and assist in choosing one that meets individual needs.

Web Site: <http://www.icaa.cc/Membersupport/2005checklist.pdf> (PDF|92.1 KB)

Introduction to Exercise

Arthritis Foundation

Description: This Web article provides an overview of staying active with arthritis. Information on walking, staying hydrated, and range of motion is provided. The Web site features *Take Control with Exercise* video which is available to view for free online or for purchase as a 60-minute DVD or VHS tape. Though created for individuals with arthritis, this resource could be useful for any older adult looking for help with low impact physical activity.

Web site: <http://www.arthritis.org/exercise-intro.php>

Ordering Information: To order a DVD or VHS copy of *Take Control with Exercises*, visit the online ordering page:

[http://afstore.arthritis.org/AFConsumerStore/SearchProductAction.do? \\$action=Search&text=835.9035](http://afstore.arthritis.org/AFConsumerStore/SearchProductAction.do? $action=Search&text=835.9035) or call the Arthritis Foundation Store at 1-800-283-7800.

Ask for item # 835.9035 (DVD) or 835.9045 (VHS). Charges may apply.



Physical Activities Workbook

AARP (formerly the American Association of Retired People)

Description: This colorful, updated and easy-to-use booklet shows older adults how to add physical activity into a daily routine. Explains how to start safely, set goals, develop a support network, find motivation, and overcome barriers. Order online from the Web site below, or by telephone.

Web site:

http://www.aarp.org/health/fitness/get_motivated/a2004-06-28-workbook-users.html

Telephone: 888-OUR-AARP (888-687-2277), ask for stock number D561.

Senior Series Fact Sheets on Health and Fitness

Ohio State University Extension and Ohio Department of Aging

Description: A collection of 22 fact sheets related to older adults and physical activity. Topics include keeping fit after age 50, stretching and flexibility tips and techniques, weight training, leisure activities, and more. Fact sheets are available in HTML and PDF formats.

Web site: <http://www.hec.ohio-state.edu/famlife/aging/fshealthfit.htm>

Dietary Supplements and Food-Medication Interactions

Dietary Supplements: General Resources for Consumers

United States Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center (FNIC)

Description: This is a bibliographic resource list compiled and reviewed to provide consumers with reliable and credible information sources on dietary supplements.

Web page:

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/dietarysupplementsconsumers06.pdf>
(PDF|83.8 KB)

Nutrition and Aging: Drug–Nutrient Interactions

Penn State Nutrition & Extension Partnership Project

Description: “Older Adults are more likely to experience adverse effects from using medications.” This document provides a scientific background on age-related body changes, how these changes can affect the body’s use of medications, as well as the effects of various foods on drug therapies. Medications with potential effects on food intake and overall nutritional status are also reviewed.

Web site: http://nirc.cas.psu.edu/pdf/Drug_nutr_biblio.pdf (PDF|53 KB)



Preventing Food-Drug Interactions

University of Georgia Cooperative Extension Service

Description: This 2-page fact sheet provides an overview of how to prevent negative interactions between food and medications. The importance of discussing possible interaction with a medical provider is highlighted and a list of foods that have potentially negative interaction with many medications is provided.

Web site: <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-5a.pdf> (PDF|133 KB)

Seniors and Supplements—Risk vs. Rewards

Alliance for Aging Research

Description: This article discusses vitamins, minerals, herbs and other dietary supplements and provides general guidelines to observe when considering a dietary supplement.

Web site: <http://www.agingresearch.org/content/article/detail/891>

Tips for Older Dietary Supplement Users

U.S. Department Of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition

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.cfsan.fda.gov/~dms/ds-savv2.html>

The Age Page—Dietary Supplements: More is Not Always Better

U.S. Department Of Health and Human Services, National Institutes of Health, National Institute on Aging

Description: This 12-page brochure outlines the safety and nutrition factors that one should review when considering dietary supplements. Reviews the definition of dietary supplements and reinforces a balanced diet of foods as the primary source of good nutrition.

Web site: http://www.niapublications.org/agepages/PDFs/Dietary_Supplements-More_Is_Not_Always_Better.pdf (PDF|94.2 KB)



Section II: Resources by Format

Books

American Dietetic Association Complete Food and Nutrition Guide

Roberta Larson Duyff, MS, RD, FADA, CFCS

Wiley Publishing, Inc., 2006

ISBN: 0470048425

Description: This book serves as a nutrition guide based on MyPyramid and the 2005 Dietary Guidelines for Americans. Practical tips and advice for every stage of life are offered. The book includes sections on making good food choices, finding a healthy weight, the basics of healthful eating, smart eating at the store, and smart eating with MyPyramid.

Guide to Healthy Restaurant Eating, 3rd Edition

Hope S. Warshaw, RD, CDE

American Diabetes Association, 2005

ISBN: 1580402305

NAL Call No: RC662 .W3155 2006

Description: This book contains comprehensive nutrition information for over 5,000 menu items from at least 60 common restaurants. Written primarily as a resource for people with diabetes, the information in this book can be valuable to anyone seeking nutrition information for restaurant foods, or healthier options while dining out. Provides serving size information as well as diabetic exchange values for menu items.

Eating Well When You Just Can't Eat the Way You Used To

Jane Weston Wilson

Workman Publishing, 1987

ISBN: 0894809431

NAL Call No: TX715.W5

Description: This resource combines features of a nutrition manual and a recipe book. Introductory chapters cover unique nutritional needs and concerns of older adults including "Gracious Eating for One or Two," physical changes that affect appetite and diet, weight management, and chronic disease risk reduction. Chapters are followed by over 250 recipes.

Nutrition for Life

Lisa Hark, PhD, RD and Darwin Deen, MD

DK Publishing, Inc., 2005

ISBN: 0756605229

Description: This book provides information on the specific nutritional needs of older adults and guidance on assessing health and lifestyle. Different types of fats are reviewed, as well as vitamins and minerals, principles of weight management, and disease prevention.



Successful Aging

Robert Louis Kahn, PhD and John Wallis Rowe, MD

Dell Publishing, 1999

ISBN: 0440508630

Description: “Find out how the way you live—not the genes you were born with—determines health and vitality.” This book provides information on healthy lifestyle choices which can assist in living a rewarding life at any age. Basic nutrition and exercise recommendations are reviewed and myths about aging are dispelled.

The Johns Hopkins Medical Guide to Health After 50

From the editors of *The Johns Hopkins Medical Letter Health After 50*

Black Dog & Leventhal Publishers, Inc., 2006

ISBN: 1579124690

Description: This is a medical guide providing information regarding 100 of the most common ailments people experience as they age. Symptoms, diagnosis, treatment, questions for the doctor, and more are offered for each ailment.

Cookbooks and Recipes

Cooking Solo

The Capital Area Food Bank

Description: This cook book was created to use as a tool for those who prepare small meals for one or two people. Recipes are included for main dishes, side dishes, soups and salads.

Web site:

[http://www.greenbeltmd.gov/seniors/Expert_Information/Cooking_for_1_Recipe_Book%20 2 .pdf](http://www.greenbeltmd.gov/seniors/Expert_Information/Cooking_for_1_Recipe_Book%202_.pdf) (PDF|207 KB)

Cooking Solo – Homemade for Health

American Institute for Cancer Research

Description: This is a 36-page cookbook which provides information and recipes on healthy cooking for one. Tips on modifying prepared foods for better health are provided, along with menu planning suggestions and food storage advice. Paper copies of this book may be ordered from the Web site, or it can be downloaded as a PDF.

Web site:

http://www.aicr.org/site/PageServer?pagename=pub_homemade_health_solo



Diabetic Cooking for Seniors

Kathleen Stanley, CDE, RD, LD, MSED
American Diabetes Association, 2001

ISBN: 1580400736

Description: This cookbook addresses many common issues that older adults face as they age. Chapters discuss difficulty in meal preparation due to arthritis, decreased taste sensations, food-drug interactions, and increased fiber needs. The recipes contain five or fewer ingredients and are arranged into categories such as low-cholesterol meals, low-sodium dishes, and foods with more fiber. Recipes are written specifically for a diabetic audience, but are appropriate for anyone seeking healthy recipes.

Healthy Cooking for Two (or Just You): Low-Fat Recipes with Half the Fuss and Double the Taste

Frances Price, RD
Rodale Books, 1997

ISBN: 0875964486

Description: A 320-page cookbook of recipes that are quick, healthy and tailored for small households. A nutritional analysis is provided for each recipe, as well as tips for shopping for one or two.

High Calorie and Easy to Eat Recipes

American Cancer Society

Description: Created for individuals who struggle to maintain weight, this Web page provides 10 high calorie recipes that are easy to make and nutrient dense. Each recipe includes number of Calories and grams of protein.

Web site: http://www.cancer.org/docroot/MBC/content/MBC_6_1_Recipes.asp

Keep the Beat: Heart Healthy Recipes

US Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute

Description: This is a 145-page publication reviews basic principles of heart healthy eating and provides hundred of recipes including appetizers and soups, main dishes (including some vegetarian dishes), side dishes, breads, desserts and beverages. Because the book was published in 2003, its dietary recommendations are based off of the old Food Guide Pyramid, but recipes and nutrition principles remain timely.

Ordering Information: Paper copies of the book can be ordered from:

http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/

A PDF version can be downloaded for free at:

http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf
(PDF|1.86 MB)



Quick, Delicious, and Nutritious: Fabulous Healthy Meals for Folks Over 50

Gayle K. Wood, Editors of FC&A Publishing

FC&A Publishing, 2004

ISBN: 1932470360

Descriptions: This is a collection of recipes and meals appropriate for one or two people. The book is specifically designed for seniors and takes into account their specific nutritional needs. Kitchen hints and shopping tips are also included.

The Johns Hopkins Cookbook Library: Recipes for Arthritis Health

Medical Editor: John A. Flynn, MD and Nutrition Editor: Lora Brown Wilder, ScD, MS, RD

New York: Medletter Associates, Inc., 2003

ISBN: 0929661761

Description: This is part of a series of cookbooks that feature healthy and easy to prepare recipes. The focus is on maintaining a normal weight with arthritis. Each recipe includes yield and nutrient analysis.

The New American Heart Association Cookbook, 7th Edition

American Heart Association

Crown Publishing Group, 2007

ISBN: 0307352056

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.

The New American Plate: Veggies

American Institute for Cancer Research

Description: This 44-page booklet "Offers exciting ideas for jazzing up your veggies and recipes for preparing the ones you've never tried!" Introductory sections outline tips for selecting and storing a variety of vegetables.

Ordering Information: Order paper copies or download a PDF version of the document at:

http://www.aicr.org/site/PageServer?pagename=pub_new_amer_plate_veg

Newsletters

National Center for Physical Activity and Disability, *NCPAD NEWS*

Ordering Web site:

<http://www.ncpad.org/newsletter/newsletter.php?letter=current>

Format: Electronic newsletter

Frequency: Monthly

Fee: No



American Cancer Society, *New Connections*

Ordering Web site: <http://www.newconnections-cancer.org/>

Format: Electronic newsletters

Frequency: Bimonthly

Fee: No

American Institute for Cancer Research, *e.NEWSLETTER*

Ordering Web site:

http://www.aicr.org/site/PageServer?pagename=pub_eneus

Format: Paper copy and Electronic newsletter

Frequency: Quarterly

Fee: No

AARP, *Health and Wellness Newsletter*

Ordering Web site: <http://wssrv.mansellgroup.net/aarp/allsignup.aspx>

Format: Electronic newsletter

Frequency: Monthly

Fee: No

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

Ordering Web site:

http://www.johnshopkinshealthalerts.com/health_after_50/index.html

Ordering Phone: Inside US and Canada Toll Free: 800-829-0422

Format: Paper copy

Frequency: Monthly

Fee: Yes

Tufts University, *Health & Nutrition Letter*

Ordering Web site: <http://www.healthletter.tufts.edu/>

Ordering Phone: 1-800-274-7581, Outside U.S.A. call: 386-447-6336

Format: Paper copy

Frequency: Monthly

Fee: Yes

University of California, *Berkeley Wellness Letter*

Ordering Web site: <http://www.wellnessletter.com/index.html>

Ordering Phone: 1-800-829-9170

Format: Paper copy

Frequency: Monthly

Fee: Yes



Section III: Nutrition and Health Organizations by Topic

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.

Alzheimer's Disease

Alzheimer's Disease Education and Referral Center

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

Contact Information:

ADEAR
PO Box 8250
Silver Spring, MD 20907
Phone: 800-438-4380

Cleveland Clinic Health Information Center

Homepage: <http://www.clevelandclinic.org/health/>

Contact Information:

The Cleveland Clinic
Department of Patient Education and Health Information
9500 Euclid Ave. NA31
Cleveland, OH 44195
Phone: 216-444-3771 or 800-223-2273 ext.43771

The National Center of Physical Activity and Disability (NCPAD)

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

Contact Information:

NCPAD
1640 W. Roosevelt Road
Chicago, IL 60608-6904
Phone: 800-900-8086
Email: ncpad@uic.edu

Arthritis

Arthritis Foundation

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

Contact Information:

Arthritis Foundation
P.O. Box 7669
Atlanta, GA 30357-0669
Phone: 404-872-7100 or 800-568-4045



Johns Hopkins Arthritis Center

Homepage: <http://www.hopkins-arthritis.org/>

Contact Information:

Johns Hopkins Arthritis Center
Suite 4100
5200 Eastern Ave
Baltimore, MD 21224

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: 301-495-4484 or 877-22-NIAMS (877-226-4267)
Email: niamsinfo@mail.nih.gov

Cancer

American Cancer Society

Homepage: <http://www.cancer.org>

Contact Information:

Phone: 800-ACS-2345 or TTY: 866-228-4327

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)



National Cancer Institute

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

Contact Information:

NCI Public Inquiries Office
6116 Executive Boulevard
Room 3036A
Bethesda, MD 20892-8322
Phone: 800-4-CANCER (800-422-6237) or TTY: 800-332-8615
Information specialists are available Monday through Friday 9:00 a.m. to 4:30 p.m. local time (in all U.S. time zones) to answer questions in English and Spanish.

National Institute on Aging Information Center

Homepage: <http://www.nia.nih.gov/HealthInformation/Publications/>

Contact Information:

National Institute on Aging Information Center
P.O. Box 8057
Gaithersburg, MD 20898-8057

Diabetes

American Diabetes Association

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

Contact Information:

American Diabetes Association
ATTN: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
Phone: 800-DIABETES (800-342-2383)

Diabetes Public Health Resource (CDC)

Homepage: <http://www.cdc.gov/diabetes>

Contact Information:

National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
4770 Buford Highway NE, Mailstop K-10
Atlanta, GA 30341-3717
Phone: 800-CDC-INFO (800-232-4636) or TTY: 888-232-6348



National Diabetes Information Clearinghouse

Homepage: <http://diabetes.niddk.nih.gov/>

Contact Information:

1 Information Way
Bethesda, MD 20892-3560
Phone: 800-860-8747

National Institute of Diabetes and Digestive and Kidney Diseases

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

Contact Information:

Office of Communications & Public Liaison NIDDK
NIH Building 31. Rm 9A06
31 Center Drive, MSC 2560
Bethesda, MD 20892-2560

National Institute on Aging (NIA)

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

Contact Information:

National Institute on Aging
Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Phone: 800-222-2225

Food Assistance

Administration on Aging

Homepage: <http://www.aoa.gov>

Contact Information:

Administration on Aging
Washington, DC 20201
Phone: 202-619-0724
Email: aoainfo@aoa.hhs.gov

America's Second Harvest

Homepage: <http://www.secondharvest.org/>

Contact Information:

America's Second Harvest
35 E. Wacker Dr. #2000
Chicago, IL 60601
Phone: 800-771-2303 or 312-263-2303



Food Stamp Program

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

Contact Information:

Phone: 800-221-5689

Email: FSPHQ-WEB@fns.usda.gov.

Meals on Wheels Association of America

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

Contact Information:

Meals on Wheels Association of America

203 S. Union Street

Alexandria, Virginia 22314

Phone: 703-548-8024

Email: mowaa@mowaa.org

United States Department of Agriculture, Food and Nutrition Service

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

Contact Information:

USDA, Food & Nutrition Service

3101 Park Center Drive, Room 926

Alexandria, VA 22302

Phone: 703-305-2286

Food Resource Management (Thrifty Food Shopping and Meal Planning)

Aging in Ohio: Ohio State University Extension, Ohio Department of Aging and the Ohio Aging Network.

Homepage: <http://www.hec.ohio-state.edu/famlife/aging/>

Contact Information:

151 Campbell Hall

1787 Neil Avenue

Columbus, OH 43210

Oregon State University, Eat Well for Less

Homepage: <http://extension.oregonstate.edu/fcd/nutrition/ewfl/>

Contact Information:

Eat Well for Less, Oregon State University Extension

Corvallis, OR 97331

Phone: 541-737-1000



Gerontological Nutrition Dietetic Practice Group

Homepage: <http://www.gndpg.org>

Contact Information:

6221 Trailwood Dr
Plano, TX 75024

Iowa COMPASS

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

Contact Information:

Iowa COMPASS Center for Disabilities and Development,
The University of Iowa's Center of Excellence in Developmental
Disabilities
Phone: 800-779-2001 or TTY: 877-686-0032
Email: iowa-compass@uiowa.edu

Food Safety

United States Department of Agriculture, Food Safety and Inspection Service

Homepage: <http://www.fsis.usda.gov>

Contact Information:

Phone: 888-MPHotline (888-674-6854) or TTY: 800-256-7072

Food and Drug Administration (FDA)

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

Contact Information:

Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857-0001
Phone: 888-INFO-FDA (888-463-6332)

Food and Drug Administration /Center for Food Safety and Applied Nutrition

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

Contact Information:

5100 Paint Branch Parkway
College Park, MD 20740-3835
Phone: 888-SAFEFOOD



Food Safety Information Center

Homepage: <http://foodsafety.nal.usda.gov>

Contact Information:

Food Safety Information Center
National Agricultural Library
10301 Baltimore Avenue, Room 304
Beltsville, MD 20705
Phone: 301-504-6835

General Wellness and Nutrition

AARP (formerly “American Association of Retired Persons”)

Homepage: <http://www.aarp.org/health/>

Contact Information:

601 E Street NW
Washington, DC 20049
Phone: 888-OUR-AARP (888-687-2277)

American Dental Association

Homepage: <http://www.ada.org>

Contact Information:

211 East Chicago Ave
Chicago, IL 60611-2678
Phone: 312-440-2500

American Dietetic Association

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

Contact Information:

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, Illinois 60606-6995
Phone: 800-877-1600

Food and Drug Administration: Information for Seniors

Homepage: <http://www.fda.gov/oc/seniors/>

Contact Information:

Food and Drug Administration
5600 Fishers Lane
Rockville, Maryland 20857
888-INFO-FDA (888-463-6332)



National Institute on Aging (NIA)

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

Contact Information:

National Institute on Aging
Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Phone: 800-222-2225

National Resource Center on Nutrition, Physical Activity and Aging

Homepage: <http://nutritionandaging.fiu.edu/>

Contact Information:

National Policy & Resource Center on Nutrition & Aging
Florida International University
OE 200
Miami, FL 33199
Phone: 305-348-1517
E-mail: nutritionandaging@fiu.edu

New York State Office for the Aging: Aging Well

Homepage: <http://agingwell.state.ny.us/index.htm>

Contact Information:

New York State
Office for the Aging
2 Empire State Plaza
Albany, New York 12223-1251
Phone: 800-342-9871
E-mail: nysofa@ofa.state.ny.us

Ohio State University Extension, Ohio Department of Aging

Homepage: <http://www.hec.ohio-state.edu/famlife/aging/>

Contact Information:

Aging in Ohio
151 Campbell Hall
1787 Neil Avenue
Columbus, OH 43210

Vegetarian Resource Group

Homepage: <http://www.vrg.org/index.htm>

Contact Information:

PO Box 1463
Baltimore, MD 21203
Phone: 410-366-8343
Email: vrg@vrg.org



Weight-control Information Network

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

Contact Information:

1 WIN Way
Bethesda, MD 20892-3665
Phone: 202-828-1025 or 877-946-4627
Email: win@info.niddk.nih.gov

Heart Health

American Heart Association

Homepage:

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

Contact Information:

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 800-AHA-USA1 (800-242-8721)

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 or TTY: 240-629-3255

Nutrition and Physical Activity

AARP (formerly “American Association of Retired Persons”)

Homepage: <http://www.aarp.org/>

Contact Information:

AARP
601 E Street NW
Washington, DC 20049
Phone: 888-OUR-AARP (888-687-2277)



American Senior Fitness Association

Homepage: <http://www.seniorfitness.net>

Contact Information:

American Senior Fitness Association
Post Office Box 2575
New Smyrna Beach, FL 32170
Phone: 800-243-1478 or 386-423-6634
Email: sfa@seniorfitness.net

National Institute on Aging (NIA)

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

Contact Information:

National Institute on Aging
Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Phone: 800-222-2225

Weight-control Information Network

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

Contact Information:

1 WIN Way
Bethesda, MD 20892-3665
Phone: 202-828-1025 or 877-946-4627
Email: win@info.niddk.nih.gov

Osteoporosis

AARP (formerly “American Association of Retired Persons”)

Homepage: <http://www.aarp.org/>

Contact Information:

AARP
601 E Street NW
Washington, DC 20049
Phone: 888-OUR-AARP (888-687-2277)



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: 301-495-4484 or 877-22-NIAMS (877-226-4267)
Email: niamsinfo@mail.nih.gov

National Osteoporosis Foundation

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

Contact Information:

1232 22nd Street NW
Washington, D.C. 20037-1202
Phone: 202-223-2226 or 800-231-4222

NIH Osteoporosis and Related Bone Diseases

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

Contact Information:

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

Parkinson's Disease

National Parkinson Foundation

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

Contact Information:

National Parkinson Foundation, Inc.
1501 N.W. 9th Avenue / Bob Hope Road
Miami, Florida 33136-1494
Phone: 800-327-4545
Email: contact@parkinson.org



Parkinson's Disease Foundation

Homepage: <http://www.pdf.org>

Contact Information:

Parkinson's Disease Foundation
1359 Broadway, Suite 1509
New York, NY 10018
Phone: 800-457-6676
Email: info@pdf.org

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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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For questions on document delivery services please call 301-504-5717 or email <http://request.nal.usda.gov/access/contact.htm>.

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