

# Resource List for Dietary Guidance and Nutrition Information

This document contains websites and online resources for dietary guidance and general nutrition information. Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For resources on nutrition education, refer to the CSDE’s [Resource List for Nutrition Education](#). For resources on recipes and menu planning, refer to the CSDE’s [Resource List for Menu Planning and Food Production in Child Nutrition Programs](#). For additional resource lists related to food and nutrition, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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# Resource List for Dietary Guidance and Nutrition Information

## Adolescent Nutrition

A Teenager's Nutritional Needs (American Academy of Pediatrics):

<https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/A-Teenagers-Nutritional-Needs.aspx>

Take Charge of Your Health: A Guide for Teenagers (National Institute of Diabetes and Digestive and Kidney Diseases):

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

Life Stage Nutrition: Teens and Young Adults (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition>

Take Charge of Your Health: A Guide for Teenagers (National Institute of Diabetes and Digestive and Kidney Diseases)

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

Teens (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/nutrition-life-stage/teens>

Teens (USDA MyPlate):

<https://www.myplate.gov/life-stages/teens>

## Cultural and Ethnic Food Diversity

Cultural and Traditional Foods (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/cultural-and-traditional-foods>

Cultural Diversity: Approaching Families through their Food (National Center for Education in Maternal and Child Health):

<https://www.ncemch.org/NCEMCH-publications/CelebratingDiversity.pdf>

Cultural Food Preferences in Food Service (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nutrition/food-service-guidelines/strategize-and-act/cultural-food-preferences.html>

Culture and Food (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>

Heart-Healthy Cooking: Healthy Latino Recipes, Home Cooking African American Style, American Indian/Alaska Native Recipes, Vietnamese Community Recipes, and Filipino Community Recipes (National Institutes of Health, National Heart, Lung, and Blood Institute):

<https://healthyeating.nhlbi.nih.gov/>

## Resource List for Dietary Guidance and Nutrition Information

International Nutrition (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/international-nutrition>

### Developing Healthy Eating Habits

Bright Futures in Practice: Nutrition (National Center for Education in Maternal and Child Health): <https://www.brightfutures.org/nutrition/>

Helping Children Be Good Eaters (Ellyn Satter Institute):

<https://www.ellynsatterinstitute.org/wp-content/uploads/2016/11/Handout-HelpingChildrenBeGoodEaters-Child-Care-2013.pdf>

How To Teach Kids Healthy Eating Habits (Cleveland Clinic):

<https://health.clevelandclinic.org/healthy-eating-for-kids>

Improving Your Eating Habits (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)

MyPlate Tools (USDA):

<https://www.myplate.gov/resources/tools>

For resources on nutrition education, refer to the CSDE's *Resource List for Nutrition Education*.

### Dietary Guidance

Dietary Guidance (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/dietary-guidance>

Dietary Guidelines for Americans (USDA and U.S. Department of Health and Human Services):

<https://www.dietaryguidelines.gov/>

Dietary Recommendations for Children and Adolescents: A Guide for Practitioners (American Academy of Pediatrics):

<https://pediatrics.aappublications.org/content/117/2/544>

Dietary Recommendations for Healthy Children (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association (American Heart Association):

<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.109.192627>

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Food and Nutrition Information Center (USDA National Agricultural Library):

<https://www.nal.usda.gov/programs/fnic>

Healthy People 2030 (U.S. Department of Health and Human Services):

<https://health.gov/healthypeople>

Nutrient Recommendations and Databases (National Institutes of Health, Office of Dietary Supplements):

<https://ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx>

Position Papers of the Academy of Nutrition and Dietetics (Journal of the Academy of Nutrition and Dietetics):

<https://www.jandonline.org/content/positionPapers>

What is MyPlate? (USDA MyPlate):

<https://www.myplate.gov/eat-healthy/what-is-myplate>

### Early Childhood Nutrition

Caring for Connecticut's Children: Handbooks for Parents and Caregivers of Young Children - Volumes One and Two (Child Health and Development Institute of Connecticut):

<https://www.chdi.org/publications/resources/caring-connecticuts-children-handbooks-parents-and-caregivers-young-children/>

Children's Nutrition Research Center (Baylor College of Medicine, Texas):

<https://www.bcm.edu/research/research-centers/usda-ars-childrens-nutrition-research-center>

Early Care and Education Portal: Nutrition and physical activity (Centers for Disease Control and Prevention):

<https://www.cdc.gov/earlycare/nutrition/index.html>

Feeding Young Children in Group Settings (University of Idaho):

<https://www.uidaho.edu/cals/feeding-young-children>

Growth Charts (Centers for Disease Control and Prevention):

<https://www.cdc.gov/growthcharts/>

Kids Health (The Nemours Foundation):

<https://kidshealth.org/>

Life Stage Nutrition: Preschoolers and Toddlers (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition>

## Resource List for Dietary Guidance and Nutrition Information

Making Food Healthy and Safe for Children: How to Meet the Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Second Edition (The National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill): [https://www.ncemch.org/child-care-health-consultants/Part2/2-8\\_making\\_food\\_healthy\\_and\\_safe.pdf](https://www.ncemch.org/child-care-health-consultants/Part2/2-8_making_food_healthy_and_safe.pdf)

Mealtime Memo for Child Care (Institute of Child Nutrition):  
<https://theicn.org/icn-resources-a-z/mealtime-memo/>

MyPlate for Preschoolers (USDA):  
<https://www.myplate.gov/life-stages/preschoolers>

National Center for Education in Maternal and Child Health (U.S. Department of Health and Human Services):  
<https://www.ncemch.org/>

National Center on Early Childhood Health and Wellness (U.S. Department of Health and Human Services):  
<https://eclkc.ohs.acf.hhs.gov/about-us/article/national-center-early-childhood-health-wellness-ncechw>

WIC Works Resource System (USDA):  
<https://wicworks.fns.usda.gov/>

For resources on the Child and Adult Care Food Program (CACFP), refer to the CSDE's *Resource List for Child Nutrition Programs*.

# Resource List for Dietary Guidance and Nutrition Information

## Food Labels

Food Labeling & Nutrition (Food and Drug Administration (FDA)):

<https://www.fda.gov/food/food-labeling-nutrition>

Food Labeling (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/food-labeling>

Food Labeling Regulations, Title 21, Part 101 (FDA):

<https://www.ecfr.gov/current/title-21#0>

Food Labels (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/food-labels>

Food Product Dating (USDA Food Safety and Inspection Service):

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>

Guidance for Industry: A Food Labeling Guide (FDA):

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>

Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating (FDA):

<https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating>

How to Understand and Use the Nutrition Facts Label (FDA):

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Label Claims for Conventional Foods and Dietary Supplements (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/label-claims-conventional-foods-and-dietary-supplements>

Labeling & Nutrition Guidance Documents & Regulatory Information Nutrition Facts Label Brochure (FDA): <https://www.fda.gov/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/labeling-nutrition-guidance-documents-regulatory-information>

Labeling and Label Approval (USDA Food Safety and Inspection Service):

<https://www.fsis.usda.gov/inspection/compliance-guidance/labeling>

National Organic Program (NOP) (USDA Agricultural Research Service):

<https://www.ams.usda.gov/about-ams/programs-offices/national-organic-program>

Nutrient Content Claims (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/nutrient-content-claims>

## Resource List for Dietary Guidance and Nutrition Information

Nutrition Education Resources & Materials: The Nutrition Facts Label (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

Reading Food Labels (The Nemours Foundation):

<https://kidshealth.org/en/parents/food-labels.html>

Reference Amounts Customarily Consumed per Eating Occasion (RACC) (Section 101.12 of Title 21 Food and Drug Regulations):

<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.12>

Search for FDA Guidance Documents (FDA):

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents>

Teens Health: What Do Food Labels Really Say? (The Nemours Foundation):

<https://kidshealth.org/en/teens/food-labels.html>

Using the Nutrition Facts Label in the CACFP (USDA):

<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>

### Healthy Snacks

Healthy Snacking with MyPlate (USDA MyPlate):

<https://www.myplate.gov/tip-sheet/healthy-snacking-myplate>

Discover MyPlate: Look and Cook Recipes (USDA):

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

Healthy School Snacks (Action for Healthy Kids):

[https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS\\_Snacks\\_v3.pdf](https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Snacks_v3.pdf)

Healthy School Snacks (Center for Science in the Public Interest):

<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

Nifty After-School Snack Ideas (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/planning/meals-and-snacks/nifty-after-school-snack-ideas>

Snacking (Dairy Council of California):

<https://www.healthyeating.org/nutrition-topics/meal-planning/snacking>

Suggestions for Nutritious Snacks (Texas Department of Agriculture):

<https://squaremeals.org/Portals/8/files/publications/Nutritious%20Snack%20Broch2.pdf>

When Should My Kids Snack? (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/planning/meals-and-snacks/when-should-my-kids-snack>

For Afterschool Snack Program (ASP) resources, refer to the CSDE's *Resource List for Child Nutrition Programs*.

## Resource List for Dietary Guidance and Nutrition Information

### Infant Nutrition and Feeding

10 Steps to Breastfeeding Friendly Child Care Centers Resource Kit (Wisconsin Department of Health Services):

<https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf>

Breastfeeding (Centers for Disease Control and Prevention):

<https://www.cdc.gov/breastfeeding/index.htm>

Breastfeeding and Infant Nutrition in Child Care (Cooperative Extension):

<https://childcare.extension.org/breastfeeding-and-infant-nutrition-in-child-care/>

Breastfeeding Friendly Child Care Centers (New York State Department of Health):

<https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

CACFP Trainer's Tools: Feeding Infants (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>

Feeding Infants in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs>

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Infant and Toddler Nutrition (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/index.html>

Infant Food and Feeding (American Academy of Pediatrics):

<https://www.aap.org/en/patient-care/healthy-active-living-for-families/infant-food-and-feeding/>

Life Stage Nutrition: Infants (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition>

MyPlate Nutrition Information for Infants (USDA MyPlate):

<https://www.myplate.gov/life-stages/infants>

Proper Storage and Preparation of Breast Milk (Centers for Disease Control and Prevention):

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

For resources on the Child and Adult Care Food Program (CACFP), refer to the CSDE's [Resource List for Child Nutrition Programs](#).



# Resource List for Dietary Guidance and Nutrition Information

## Nutrition and Aging

For Seniors (Academy of Nutrition and Dietetics):

<https://www.eatright.org/health/wellness/healthy-aging>

Jean Mayer Human USDA Human Nutrition Center on Aging (Tufts University):

<https://hnrca.tufts.edu/>

Life Stage Nutrition: Older Adults (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition>

MyPlate for Older Adults (Tufts University):

<https://hnrca.tufts.edu/myplate>

National Institute on Aging (National Institutes of Health):

<https://www.nia.nih.gov/>

Nutrition and Aging Resource Center (U.S. Department of Health and Human Services):

<https://acl.gov/senior-nutrition>

For resources for CACFP adult day care centers, refer to the CSDE's *Resource List for Child Nutrition Programs*.

## Nutrition Information

Academy of Nutrition and Dietetics:

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

Action for Healthy Kids:

<https://www.actionforhealthykids.org/>

American Academy of Pediatrics:

<https://www.aappublications.org/>

American Council on Science and Health:

<https://www.acsh.org/>

Botanical Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplements): <https://ods.od.nih.gov/factsheets/list-Botanicals/>

Center for Science in the Public Interest (CSPI):

<https://cspinet.org/>

Dairy Council of California:

<https://www.healthyeating.org/>

## Resource List for Dietary Guidance and Nutrition Information

Dietary Supplements Fact Sheets (National Institutes of Health, Office of Dietary Supplements):

<https://ods.od.nih.gov/factsheets/list-all/>

Food and Nutrition Information Center (USDA National Agricultural Library):

<https://www.nal.usda.gov/programs/fnic>

Food Nutrition & Health Education (University of Nebraska Cooperative Extension):

<https://lancaster.unl.edu/food>

Food Research and Action Center (FRAC):

<https://frac.org/>

Kids Eat Right (Academy of Nutrition and Dietetics Foundation):

<https://www.eatrightfoundation.org/foundation/resources/kids-eat-right>

KidsHealth Nutrition & Fitness Center (Nemours Foundation):

<https://kidshealth.org/en/parents/center/fitness-nutrition-center.html#cat20738>

MedlinePlus (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/>

MedlinePlus Antioxidants (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/antioxidants.html>

MedlinePlus Food and Nutrition (National Institutes of Health, U.S. National Library of Medicine): <https://medlineplus.gov/foodandnutrition.html>

MedlinePlus Minerals (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/minerals.html>

MedlinePlus Vitamins (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/vitamins.html>

National Center for Complementary and Integrative Health (National Institutes of Health):

<https://www.nccih.nih.gov/>

National Center for Weight and Wellness:

<https://centerforweightandwellness.com/>

National Heart, Lung, and Blood Institute (National Institutes of Health):

<https://www.nhlbi.nih.gov/>

Nutrition and Health Info Sheets (University of California.

<https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets>

Nutrition Basics (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics>

Nutrition.gov (USDA): <https://www.nutrition.gov/>

## Resource List for Dietary Guidance and Nutrition Information

Nutritive and Nonnutritive Sweetener Resources (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/food-composition/sweeteners>

PubMed (National Institutes of Health, National Library of Medicine):

<https://pubmed.ncbi.nlm.nih.gov/>

SNAP-Ed Connection (USDA):

<https://snaped.fns.usda.gov/>

Spanish Language Health Information (National Institutes of Health):

<https://salud.nih.gov/>

The Nutrition Source (Harvard School of Public Health):

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

Vitamin and Mineral Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplement):

<https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

We Can! Ways to Enhance Children's Activity & Nutrition (National Institutes of Health, National Heart, Lung, and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/>

### Nutrition Myths and Fad Diets

10 Ways to Spot a Fad Diets (Wheat Foods Council):

<https://wheatfoods.org/wp-content/uploads/2019/06/10WaystoSpotFadDiet.pdf>

Evaluating Health Information (Medline Plus, National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/evaluatinghealthinformation.html>

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine (Medline Plus):

<https://medlineplus.gov/webeval/webeval.html>

Health Fraud Scams (FDA):

<https://www.fda.gov/consumers/health-fraud-scams>

Health Information on the Web (FDA):

<https://www.fda.gov/drugs/quick-tips-buying-medicines-over-internet/health-information-web>

Health Products (Federal Trade Commission):

<https://consumer.ftc.gov/shopping-and-donating/health>

## Resource List for Dietary Guidance and Nutrition Information

Knowledge is Power! Increase Your Health Literacy with USDA Resources (USDA):

<https://www.usda.gov/media/blog/2023/10/27/knowledge-power-increase-your-health-literacy-usda-resources>

Nutrition Misinformation and Fraud (USDA Nutrition.gov):

<https://www.nutrition.gov/nutrition-misinformation-and-fraud>

Quackwatch (Center for Inquiry, Inc.)

<https://quackwatch.org/>

Some Myths about Nutrition & Physical Activity (National Institute of Diabetes and Digestive and Kidney Diseases):

<https://www.niddk.nih.gov/health-information/weight-management/myths-nutrition-physical-activity>

### Nutrition Resources for Families

Bright Futures Nutrition Family Fact Sheets (National Center for Education in Maternal and Child Health):

<https://www.brightfutures.org/nutritionfamfact/>

Core Nutrition Messages (USDA):

<https://wicworks.fns.usda.gov/resources/fns-core-nutrition-messages>

Fact Sheets for Families (California Childcare Health Program):

<https://cchp.ucsf.edu/resources/fact-sheets-families>

Food and Nutrition (USDA National Agricultural Library):

<https://www.nutrition.gov/topics/nutrition-life-stage/children/food-and-nutrition>

Food Shopping and Meal Planning (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/food-shopping-and-meal-planning>

MyPlate Nutrition Information for Families (USDA):

<https://www.myplate.gov/life-stages/families>

MyPlate, MyWins for Families (USDA Choose MyPlate):

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families>

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA):

<https://www.fns.usda.gov/tn/nibbles>

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Nutrition and Your Child Newsletter (Children’s Nutrition Research Center, Baylor College of Medicine):

<https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/news/cnrc-newsletters>

Parent Tips and Handbook (We Can! National Institutes of Health, National Heart, Lung and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm#handbook>

For more resources, refer to “Games and Activities” and “Nutrition Handouts” in the CSDE’s *Resource List for Nutrition Education*.

## Resource List for Dietary Guidance and Nutrition Information

For more information, visit the CSDE's [Child Nutrition Programs](#) webpage or contact the [child nutrition staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources\\_Dietary\\_Guidance.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Dietary_Guidance.pdf).

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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