Recommended Nutrition and Physical Activity Contacts and Resources

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
800-213-7193
www.aahperd.org

American Cancer Society (ACS)
Check your phone book under “American Cancer Society” for your regional office.
www.cancer.org
Provides guest speakers for classrooms, parent groups, and health fairs.

American Council on Exercise
5820 Oberlin Drive, Suite 102
San Diego, CA 92121-3787
858-279-8227
www.acefitness.com

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
800-DIABETES (800-342-2383)
www.diabetes.org
Materials include New Soul Food Cookbook for People with Diabetes

American Dietetic Association (ADA)
800-366-1655
www.eatright.org
Can provide referrals to a Registered Dietitian in your area.

American Heart Association (AHA)
Contact your division or regional American Heart Association office in your phone book.
www.americanheart.org
American Volkssport Association
1001 Pat Booker Rd., Suite 101
Universal City, TX 78148-4147
800-830-9255 or 210-659-2112
For organized, noncompetitive hikes and walks for walkers of all abilities throughout the country; call to reach local chapters.
www.ava.org

Association of Black Cardiologists, Inc.
6849-B2 Peachtree Dunwoody Rd., NE
Atlanta, GA 30328
678-302-4ABC
www.abcardio.org

Boys and Girls Clubs of America
1275 Peachtree Street NE
Atlanta, GA 30309-3506
404-487-5700
www.bgca.org

California Adolescent Nutrition & Fitness Program
2140 Shattuck Ave, Suite 610
Berkeley, CA 94704
800-200-3131 or 510-644-1533
www.canfit.org

Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity
4770 Buford Highway, N.E. Mailstop K33
Atlanta, GA 30341-3717
770-488-5820
www.cdc.gov/nccdphp/dnpa/
Nutrition and Physical Activity Information Line 888-CDC-4NRG

Center for Science in the Public Interest
1875 Connecticut Ave., N.W., Suite 300
Washington, DC 20009-5728
202-332-9110
www.cspinet.org
Materials include the Nutrition Action Health newsletter
Food and Nutrition Information Center (FNIC)
National Agriculture Library, Rm. 304
10301 Baltimore Ave.
Beltsville, MD 20705-2351
301-504-5719
www.nal.usda.gov/fnic

Food Safety and Inspection Service (FSIS)
Food Safety and Consumer Education
1400 Independence Ave. S.W., Rm-2932-S
Washington, D.C. 20250-3700
www.fsis.USDA.gov
www.fightbac.org

Minority Health Professions Foundation
3 Executive Park Drive, NE, Suite 100
Atlanta, GA 30329
404-634-1993
www.minorityhealth.org

National Association for Health and Fitness
c/o Be Active New York State
65 Niagara Square, Room 607
Buffalo, NY 14202
716-583-0521
www.physicalfitness.org

National Center for the Advancement of Blacks in the Health Professions
P.O. Box 21121
Detroit, MI 48221
313-342-1522
dm2103@aol.com

National Hypertension Association (NHA)
324 East 30th Street
New York, NY 10016
212-889-3557
www.nathypertension.org
Empowering Youth With Nutrition and Physical Activity

**National Institutes of Health (NIH)**
National Center on Minority Health & Health Disparities
6707 Democracy Blvd. Suite 800
Bethesda, MD 20892-5465
301-402-1366
www.ncmhd.nih.gov

**National Kidney and Urologic Diseases Information Clearinghouse**
3 Information Way
Bethesda, MD 20892-3580
301-654-4415
www.kidney.niddk.nih.gov

**National Recreation and Park Association (NRPA)**
22377 Belmont Ridge Rd.
Ashburn, VA 20148
703-858-0784
www.nrpa.org

**Office of the Centers for Disease Control and Prevention**
Associate Director of Minority Health
1600 Clifton Road, N.E.
Mailstop D39
Atlanta, GA 30333
404-639-7210
www.cdc.gov/od/admh/

**Office of Minority Health Resource Center**
Can provide a list of health professionals in your area for guest speaking.
P.O. Box 37337
Washington, DC 20013-7337
800-444-6472
www.omhrc.gov

**Society for Nutrition Education (SNE)**
7100 Winton Drive, Suite 300
Indianapolis, IN 46268
317-328-4627 or 800-235-6690
www.sne.org
YMCA-USA
101 North Wacker Drive
Chicago, IL 60606
800-872-9622
www.ymca.net

**U.S. Department of Agriculture**
Food and Nutrition Service
Team Nutrition
3101 Park Center Drive, Rm. 632
Alexandria, VA 22302
703-305-1624
www.teamnutrition.usda.gov
Team Nutrition is the implementation tool for the USDA’s School Meals Initiative for Healthy Children.

**U.S. Department of Agriculture**
Center for Nutrition Policy and Promotion
3101 Park Center Drive, Rm. 1034
Alexandria, VA 22302
703-305-7600
www.cnpp.usda.gov
Materials include *MyPyramid Food Guidance System* and the *Healthy Eating Index*.

**U.S. Food and Drug Administration (FDA)**
5600 Fishers Lane, HFE–88
Rockville, MD 20857
888-INFO-FDA (463-6332)
301-827-7130
www.fda.gov/opacom/morecons.html
Recommended Web sites Related to Nutrition and Physical Activity

See also the Web addresses for organizations listed in the previous section. The Centers for Disease Control and Prevention and the U.S. Department of Agriculture/Food and Nutrition Service, do not monitor or endorse the information contained in the referenced Web sites.

**General Web sites**

**Body and Soul Wellness Program**
www.bodyandsoul.nih.gov/index.html

**Dietary Guidelines for Americans**
www.health.gov/dietaryguidelines/

**Dole’s 5 a Day**
www.dole5aday.com

**Food Composition Information**
www.nal.usda.gov/fnic/foodcomp

**Food and Drug Administration’s (FDA) Center for Food Safety and Applied Nutrition**
www.cfsan.fda.gov/list.html

**Guide to Your Health Daily**
www.yourhealthdaily.com

**Health and Fitness Page**
www.k2.kirtland.cc.mi.us/~balbachl/fitness.htm

**Healthy People 2010**
www.healthypeople.gov

**International Food Information Council**
www.ificinfo.health.org
Kid’s Health for Parents, Kids and Teens
www.kidshealth.org/index.html

Kids Walk-to-School Program
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

MedlinePlus Health Information
www.nlm.nih.gov/medlineplus

MyPyramid Food Guidance System
www.mypyramid.gov

Small Step Program
www.smallstep.gov

Team Nutrition
www.teamnutrition.usda.gov

The President’s Council on Physical Fitness and Sports
www.presidentschallenge.org

U.S. Department of Agriculture (USDA)
What We Eat in America—Food Surveys Research Group
www.barc.usda.gov/bhnrc/foodsurvey/home.htm

Youth Web sites

Body and Mind
www.bam.gov

Bodies in Motion…Minds at Rest
www.library.thinkquest.org/12153/

BodyWise
www.girlpower.gov/girlarea/BodyWise/

Girls Health
www.girlshealth.gov

Healthy Eating and Active Living
www.kidnetic.com
In the Mix Sports
www.pbs.org/inthemix/shows/show_sports.html

www.cdc.gov/nccdphp/dnpa/bonehealth/

Nutrition on the Web for Teens
www.library.thinkquest.org/10991/nutriquiz.html

Youth Physical Activity
www.verbnow.com

We Can! Ways to Enhance Children’s Activity & Nutrition
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Information on Fast Foods
www.calorieking.com/foods
www.fatcalories.com
www1 wfubmc.edu/nutrition/count+your+calories/dtd.htm
Nutrition and Physical Activity
Vendors and Materials

Nutrition

Nutrition Counseling Education Service® (NCES®) Materials on Nutrition/Physical Activity
Credit card orders: Call 1-800-445-5653 (M-F 9 a.m. to 5 p.m. Central)
Fax your credit card or purchase orders any time. Fax: 1-800-251-9349
Mail orders to: NCES, 1904 E 123rd St., Olathe, KS 66061 or order from the Web site: www.ncescatalog.com/

Nutrition and Cookbooks

Eating on the Run, Evelyn Tribole, RD
One of the most helpful books we have come across. Tribole shows how to combine nutritious eating with fast-paced living. She provides strategies for weight control, meal and snack planning, and 40 recipes that can be prepared in less than one minute! This book is filled with calorie and nutrient content charts and tips on dining out.
#1012 Soft-cover 1992 $15.95

Bowes and Church’s Food Values of Portions Commonly Used,
17th Edition, Jean A.T. Pennington, Ph.D., RD.
It’s all here…the data you need on the nutrient content of foods in quick reference.
#2000 $47.00

Nasco Nutrition Teaching Aids
Featuring Lifeform Food Replicas
Call: 800-558-9595
Nasco—Modesto
4825 Stoddard Rd.
P.O. Box 3837
Modesto, CA 95352-3837
Phone: 209-545-1600
Fax: 209-545-1669
www.enasco.com
or
Physical Activity

Collage Video—Exercise videos for home use and classes
1-800-433-6769
www.collagevideo.com

Accusplit—Pedometers and stopwatches
2290A Ridgewood Ave.
San Jose, CA 95131
Order by phone: 1-800-935-1996
www.accusplit.com

ProFit Instructor Supplies
Books, nutrition education supplies—fat tubes, food maps, strengthening equipment, balls, bands, step counters
Order by phone: 425-255-3817 or fax 425-255-0478

ProFit
12012 156th. Ave. SE
Renton, WA 98059
www.exercisexpress.com

SPORTIME
Physical Education, Recreation, Athletics, Aquatics, Dance, and Health supplies and equipment
Phone orders: 1-800-283-5700
Fax orders: 1-800-845-1535
www.sportime.com

SPRI
Xertube Products—low-cost, physical activity equipment (e.g., tubes, bands)
To order call: 1-800-222-7774
www.spriproducts.com