

Nutrition Internet Resources

Internet websites can be used to find information about nutrition and food. Nutrition plays a role in how your body responds to the prevention and treatment of different health conditions. It is important to use caution when you look up health information on the internet. Make sure the information is from a trusted source and is up to date. **Always discuss any information you find on the internet with your doctor, and other members of your health care team.**

Here are some questions you can use when you look for information on the internet:

- Who is providing the information? What are their qualifications? Look for an “About Us” or an “About this Site” section for answers to these questions.
- Is the information based on fact or is it an opinion? Is the website trying to sell something?
- Is the information current? Look on the website to find the date of when it was last updated.
- Does the information on the website make sense? Does the information answer your questions?

Nutrition Websites

Academy of Nutrition and Dietetics

eatright.org

Toll Free: 1-800-877-1600

- This website has healthy lifestyle and diet tips, food and nutrition information and other resources.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

American Heart Association

heart.org

Toll Free: 1-800-242-8721

- This website has information on diet, nutrition and exercise. Information is also available in different languages.

Calorie Count

caloriecount.com

- This website has healthy recipes, a food database and nutrition information, including carbohydrate exchanges. It also has information on exercise plans and online support groups.

Choose My Plate

choosemyplate.gov or nutrition.gov

- These United States Department of Agriculture websites have information and online tools about food, nutrition and exercise. Information is available in different languages.

Fit Day

fitday.com

- This website has nutrition information and online tools for diet, weight loss and exercise.

Medline Plus Drugs, Supplements and Herbal Information

nlm.nih.gov/medlineplus/druginformation.html

- This website has information on use of herbs and diet supplements.
- **It is important to talk to your health care team about your use of any herbs, supplements, vitamins, minerals or other remedies or natural products.**

My Fitness Pal

myfitnesspal.com

- This free app can help you to keep track of food intake, calories and exercise.

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Cancer Specific Nutrition Websites

American Cancer Society (ACS)

cancer.org

Click on the “Eat Healthy and Get Active” link

Toll Free: 1-800-227-2345

Toll Free (Ohio): 1-888-ACS-OHIO (1-888-227-6446)

- The ACS website has information about cancer, treatments, nutrition, caregiving and survivorship. This website also has links to local ACS offices and resources.

American Institute for Cancer Research (AICR)

aicr.org

Toll Free: 1-800-843-8114

- The AICR website has information on how diet and nutrition can help to prevent cancer. This website has news, education and information about research programs. It includes nutrition tips for before, during and after cancer treatment.

FoodSafety.gov

foodsafety.gov

- This U.S. Department of Health and Human Services website has information about food safety for people with cancer and other food safety topics. It includes food recalls and alerts. Information is also available in different languages.

LIVESTRONG

livestrong.com

Toll Free: 1-855-220-7777

- This website has education, support and resources for cancer survivorship. It also has resources for cancer patients, families and caregivers to help manage physical and emotional side effects of cancer and its treatment. It includes nutrition and exercise information along with online tools.

National Cancer Institute (NCI)

cancer.gov

Toll Free: 1-800-4-CANCER (1-800-422-6237)

- The NCI website is the U.S. government's comprehensive online cancer resource. You will find information about cancer, prevention, screening, diagnosis, treatment, coping, survivorship and clinical trials. Information is also available in Spanish.

Oncology Nutrition: Academy of Nutrition and Dietetics

oncologynutrition.org

- This website has healthy recipes and menus, diet tips and information about how to manage side effects from cancer treatments.