

# Recommended URLs

TEXAS A&M  
AGRI LIFE  
EXTENSION

TEEA

## **Most accurate/unbiased:**

- .edu
- .gov
- .state.tx.us

**Usually non-profit or advocacy, may promote a specific perspective, may have sound, reliable info. Check .edu & .gov to verify.**

- .org
- .net

**May be promoting or selling:**

- .com



# Evidence-based Websites

## Helpful Consumer Health and Nutrition Websites

- National Institutes of Health (NIH)
- NIH Office of Dietary Supplements (<https://ods.od.nih.gov/>)
- Centers for Disease Control and Prevention (CDC)
- American Academy of Family Physicians (AAFP)
- U.S. Department of Health and Human Services (HHS)
- U.S. Department of Agriculture (USDA)
- National Library of Medicine
- Food and Drug Administration (FDA)
- Federal Trade Commission (FTC)
- National Institutes of Health

## 27 Institutes and Centers

- National Cancer Institute (NCI)
- National Heart, Lung and Blood Institute (NHLBI)
- National Institute on Aging (NIA)
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
- National Institute of Mental Health (NIMH)
- National Institute of Neurological Disorders and Stroke (NINDS)
- National Library of Medicine (NLM)

Source: <http://nih.gov>

# MyPlate



This eating pattern promotes a healthy eating style rather than give specific serving sizes or requiring ounces or grams of specific foods.

<http://www.choosemyplate.gov>

- Make half your plate fruits and vegetables.
  - Focus on whole fruits.
  - Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.

# DASH Diet

(Dietary Approaches to Stop Hypertension)

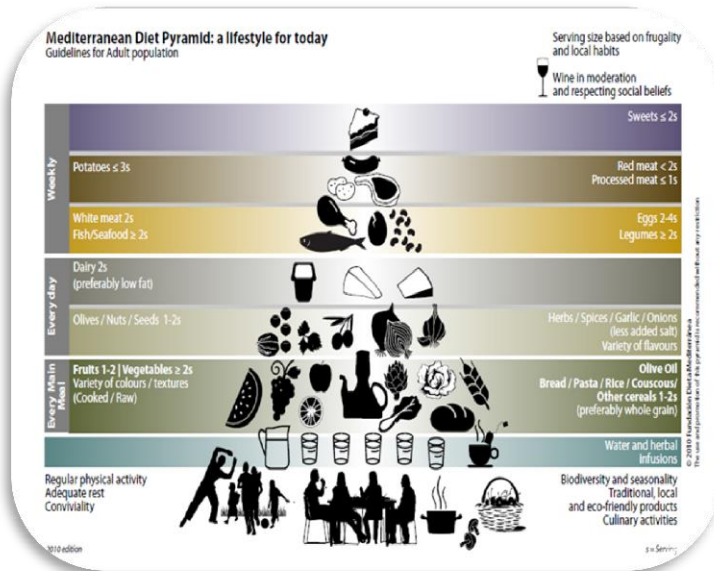
Type of food	Daily Servings on a 2000 calorie diet
Grains and grain products <i>(include at least 3 whole grain foods each day)</i>	7 - 8
Fruits	4 - 5
Vegetables	4 - 5
Low fat or non-fat dairy foods	2 - 3
Lean meats, fish, poultry	2 or less
Nuts, seeds, and legumes	4 - 5 per week
Fats and sweets	Limited

**This eating pattern is plant focused, rich in fruits and vegetables, nuts with low fat or non-fat dairy, lean meats, fish and poultry, mostly whole grains and heart healthy fats.**

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>



# Mediterranean Style



**This eating pattern is a lifestyle that includes social and cultural elements such as food preparation and eating as a social occasion. Physical activity is also an important element.**

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Enjoying meals with family and friends
- Drinking red wine in moderation (optional)
- Getting plenty of exercise

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>



# FREE Online Course

“The What, Why, and How of a Mediterranean-Style Eating Pattern.”

Dr. Sharon Robinson,  
Associate Professor and  
Extension Food and  
Nutrition Specialist

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