

Healthy Living: Reliable Web Sites¹

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Did you know that the Internet now has over 185 million Web sites? It may be hard to imagine, but it's true, and the number of Web sites is growing every day. Unfortunately, there are no regulations to ensure that the information you find on Web sites is accurate. In fact, there are many Web sites that do **NOT** provide reliable information.



So how can you choose Web sites wisely?

Focus on government and education sites—look for Web site addresses (URLs) that end in *.gov* or *.edu*. Many organizations (*.org* sites) also provide sound information. Be aware that commercial (*.com*) sites may promote products or services, and their information may or may not be reliable or unbiased.

Here is a list of a few trustworthy Internet sources related to nutrition, health, food safety, and resources for older persons. Many of them provide links to additional Web sites.

Nutrition and Health

National Agricultural Library/U.S. Department of Agriculture

<http://www.nutrition.gov>

(Nutrition and health resources, including food assistance; link to government nutrition and health Web sites)

National Library of Medicine:

<http://medlineplus.gov>

(Health, drugs, supplements, medical terms, provider directories; information in over 40 languages)

U.S. Department of Agriculture:

<http://www.cnpp.usda.gov/>

(Nutrition education for adults and children/youth, including *MyPyramid*, Dietary Guidelines, nutrient content of foods, and more)



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Food Safety

National Food Safety Database:

<http://foodsafety.ifas.ufl.edu/indexNFSDb.htm>

(Consumer, food industry and educator resources)

U.S. Government:

<http://www.foodsafety.gov>

(Food Safety news, advice, regulations, gateway to government food safety information)

U.S. Food and Drug Administration:

<http://www.fda.gov/Food/FoodSafety>

(Food safety materials in English and Spanish)



Fight **BAC**: Keep **Bacteria** out of your refrigerator!

Disease Management and Reducing Risk

National Diabetes Education Program:

<http://ndep.nih.gov>

(Prevention, treatment and research; materials in English and Spanish)



**National Diabetes
Education Program**

National Heart, Lung and Blood Institute:

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

(High blood pressure, cholesterol, sleep concerns, healthy recipes and more)

The National Osteoporosis Foundation:

<http://www.nof.org>

(Prevention, treatment and research)

General Interest for Older Adults

National Institute on Aging:

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

(Publications related to care giving, healthy aging, medications, and more; in English and Spanish)

FirstGov for Seniors:

<http://www.firstgov.gov/Topics/Seniors.shtml>

(Resources, laws and regulations, consumer information, and more; English and Spanish)

Administration on Aging:

<http://www.aoa.gov>

(Statistics, programs, benefits, and more)

Florida Department of Elder Affairs:

<http://elderaffairs.state.fl.us>

(Information, resources, programs in Florida; English and Spanish)



To see if programs of interest to you are being offered in your county, call your county Extension office. Check the blue pages of your telephone book for the number. In Florida, you can find your local Extension office online: <http://solutionsforyourlife.ufl.edu/map/index.html>.