



SOME WEB SITES RELATED TO FOOD, DIET AND NUTRITION

(Please notify a librarian if any of these links do not work.)

3 Fat Chicks on a Diet! (3FC)

An online community for all kinds of dieters to share war stories, trade tips on losing and maintaining their weight, and provide support. Fast Food Guide lists the nutritional content of menu items from a variety of fast food franchises. www.3fatchicks.com

Alchemist's Wine Perspective

Wine and winemaking "articles, reviews and commentary from an educational viewpoint." Wines are reviewed using the author's CNFATE (pronounced "sin-fate") tasting system, which assigns numerical values for color, nose, fruit, acid, tannin, and end. Includes discussions of recommendations and articles on topics such as making champagne, the acidity of wine, and temperature and the aging of wine. From a chemistry professor and wine collector. <http://www.wineperspective.com/>

All You Want to Know Conversion Table

Provides conversion comparisons for American and European liquid and solid measurements, as well as temperature conversion. From the online journal Worldwide Gourmet. <http://www.theworldwidegourmet.com/general/conversion.htm>.

AllRecipesOnly

An e-mail group that posts recipes without chat of any kind. To get a complete description of the site view: <http://www.geocities.com/Heartland/Meadows/1218/kitchen.html>. To join the group, send an e-mail to: AllRecipesOnly-subscribe@yahoogroups.co. To post a message, visit: AllRecipesOnly@yahoogroups.com.

Allrecipes™

Source for home-style recipes, including recipe user reviews. Searchable by such criteria as "search using ingredients you have" and "search by cooking time." While membership is free, there are also paid premium features. RSS feeds available. www.allrecipes.com

BBC Food

Articles, recipes, and other food-related information from the British Broadcasting Corporation (BBC). Features a searchable and browsable directory of recipes from the BBC's cooking shows, including vegetarian and seasonal dishes. Also offers interviews with chefs, feature articles, program details, a glossary, and sections on healthy eating, children's nutrition, and cooking basics. <http://www.bbc.co.uk/food/>

BMI -- Body Mass Index

Provides a BMI calculator, the BMI mathematical formula, and information about BMI as a diagnostic tool and about healthy BMI for adults, children, and teens. From the Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/nccdphp/dnpa/bmi/>

California Wineries

A browsable directory of links to hundreds of California wineries' web sites. Also contains a selection of links to wineries in other states. From Wines & Vines. <http://www.winesandvines.com/links2.html>

Candy Calculator

Except where indicated, descriptions adapted from the Librarians' Index to the Internet, www.lii.org.

* Descriptions adapted from issues of [Booklist](#), [College & Research Libraries News](#), [Library Journal](#), or [Reference & User Services Quarterly](#).

(VO-6/06)

Calculator to let user determine how many calories and how much fat and saturated fat is being consumed from selected candies. <http://childrentoday.com/resources/ccalc.htm>

Candy USA

Candy recipes, trivia, history, candy holidays, nutritional information, statistics, and company links. From the National Confectioners Association and the Chocolate Manufacturers Association. <http://www.candyusa.org/>

Carbohydrates: Going With the (Whole) Grain

An overview of carbohydrates and their role in nutrition. Discusses the glycemic index, insulin, whole grains, and high-carbohydrate and low-carbohydrate diets. Includes links to related articles and resources. From the Harvard School of Public Health. <http://www.hsph.harvard.edu/nutritionsource/carbohydrates.html>

Chocolate: The Exhibition

Looks at the history of chocolate, the cacao tree and cacao farming, chocolate processing, eating chocolate, and related topics. Includes recipes, a bibliography, activities for children (including a recipe for chocolate modeling clay), and classroom resources. <http://www.fieldmuseum.org/Chocolate/>

Consorzio Cal-Italia: California Wineries Producing Italian Varietals

Includes descriptions of the wines typically produced from each grape variety, a directory of the members and their wines, and recipes paired with specific wines. From a consortium of California vintners producing Italian-style wines using Italian wine grape varieties. <http://www.cal-italia.org/>

Cook's Thesaurus

An encyclopedia of foods with thousands of entries that include detailed information, pictures, cooking and measurement information, and suggestions for substitutions for recipes. <http://www.foodsubs.com/>

Cooking.com

Commercial site providing access to articles and recipes compiled from published sources and written by chefs. Each recipe in the recipe database has a cited source and nutritional information, and many include a picture of the dish. Recipes are searchable by ingredient, meal, cooking method, and ethnicity. Suggestions for menus are organized by holiday and meal. Includes a conversion table and directions on how to measure liquid and solid measurements accurately. <http://www.cooking.com>.

Creating Superb Vegan Wine Sauces

Recommendations and recipes for vegetarian wine sauces, including veloute, demiglaze, and red wine, white wine, port, Madeira, and mushroom sauces. <http://www.vegparadise.com/otherbirds.html>

***Cultural Food Pyramid**

Takes the U.S. Food and Drug Administration's food pyramid diagrams one step further by illustrating how food from 16 ethnic cuisines can fit into it. <http://www.semda.org/info/>

Dan Berger: On Wine

Topics include selecting wine, bulk wine, champagne and sparkling wines, seasonal wine selections, and regional wines. From Napa Valley Register columnist Dan Berger. <http://www.napanews.com/templates/index.cfm?template=columnist&id=colDB>

Delicious Pieces: The Vegetables We Eat

Uses "grocery store vegetables to examine how seed plants are constructed" and to teach the basic elements of morphology (the "study of body forms"). Discusses seeds, specialized root systems, shoot systems, edible

leaves, flowers, and other forms of vegetables. Includes photographs.
<http://www.wsu.edu:8080/%7Ewsherb/edpages/delicious/introduction.html>

***Did You Know? Some Facts About Mediterranean Food History**

Articles about the history and origins of foods such as couscous, macaroni, gazpacho, lemonade, and many other foods used in Mediterranean cooking traditions. Also includes a recipe section with dishes from Mediterranean countries and cooking tips. <http://www.cliffordawright.com/history/>

Dietary Supplements: Ephedrine Alkaloids

Official U.S. Food and Drug Administration (FDA) information regarding the regulation of dietary supplements containing ephedrine alkaloids (commonly known as ephedra). Includes questions and answers about the FDA's 2004 decision to ban the sale of the supplements, the text of proposed and final regulations related to ephedra, and related transcripts and documents. <http://www.cfsan.fda.gov/~dms/ds-ephed.html>

***Dietitians of Canada**

Interactive tools permit the analyzing of users' food choices and lifestyles by reporting nutrients (energy, protein, fat, carbohydrate, fiber) and vitamins that have been consumed and comparing them with the recommended daily intake. Personalized Meal Planner is designed to help users determine the kinds and amounts of food to eat; it gives feedback on the calories, fat, and fiber received from the foods selected. Physical Activity Quiz provides feedback on activity levels with tips for active living. There is also a list of FAQs as well as facts sheets on a variety of topics. "Live Well, Eat Well" provides interactive games and quizzes on nutrition, available in either French or English. www.dietitians.ca/index.html

Diets Guide

Designed "to help you find out the basic information on the more popular diet programs and to guide you forward so that you can discuss the potential dietary programs with your doctor." Offers background information and points to additional resources on several diet programs, including Weight Watchers, and the South Beach, Zone, and Atkins diets. <http://www.dietsguide.com/>

Edible Flowers

Information compiled from a variety of online resources. Provides images, information, and some recipes. <http://whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>.

Effervescent Wits

Discusses the difference between champagne and sparkling wine, interpretation of champagne labels, proper storage, and how to serve and taste champagne. From Epicurious. <http://eat.epicurious.com/drink/champagne/>

***Enspiclopedia**

Provides brief information about food flavorings. Includes descriptions, uses, history, and folklore for a selection of herbs and spices. Also includes a brief history of spices, and recipes that call for (but do not require) herbs and spices. From a company that sells herbs and spices. <http://www.mccormick.com/content.cfm?ID=8291>

Entertaining: Quizzes and Games

Challenge yourself with tests of your food and wine "IQ," explore your cooking personality, and play games such as "Chef on a Hot Tin Plate." From the Food Network. http://www.foodnetwork.com/food/et_games/0,1972,FOOD_9826,00.html

***Epicurious: The World's Greatest Recipe Collection**

Includes over 15,000 recipes compiled from *Gourmet* and *Bon Appétit* magazines from the 1990s to the present; many with pictures. Offers advanced searching capabilities for the recipes, which can be limited by ingredient, ethnicity, course, method of preparation, and journal title. Under the link for "Drink," there are drink recipes and wine reviews that can be limited by price, wine type, and region. Under the tab "Learn," there is a 4,000-word food dictionary and 3,500-word wine dictionary, as well as an etiquette guide for dining. Also includes travel information, restaurant reviews, and access to discussion and news groups. <http://eat.epicurious.com/>.

Fanfare for the Common French Food: Vive Bastille Day!

Provides recipes for "simple, fresh and filling" foods that are appropriate to eat when celebrating Bastille Day (July 14), the French national holiday. Includes recipes for croque monsieur, roasted chicken, and peach and nectarine soup. From Cable News Network (CNN). <http://www.cnn.com/FOOD/specials/1999/french.food/>

***Fast Food Nutrition Explorer**

Tracks the nutritional data presented on the web sites of the most popular fast food restaurant chains in the world. Searches can return nutrition facts sorted by total calories, fat calories, percentage of calories from fat, cholesterol, sodium, carbohydrates, protein, or fiber. Power Search compares restaurants' menus and allows comparison by specific items. <http://www.fatcalories.com/>

Feeding America: The Historic American Cookbook Project

Scanned images of 75 American cookbooks published between 1798 and 1922 are searchable by subject, title, and author. Also provides a glossary to the unfamiliar terms in the cookbooks and three-dimensional images of culinary museum objects. <http://digital.lib.msu.edu/cookbooks/>.

***FightBac: Partnership for Food Safety Education**

Includes curriculum materials for all age groups and links to web sites like the Scrub Club. From a group composed of industry associations; professional societies in food science, nutrition, and health; consumer groups; and the U.S. government. www.fightbac.org

***Food and Nutrition Information Center (FNIC)**

Organizes information about food and human nutrition in eight broad areas: Topics A-Z, Dietary Supplements, Food Composition, Dietary Guidelines, Food Guide Pyramid, FNIC Databases, FNIC Resource Lists, and Consumer Corner. Topics A-Z is divided into subtopics. Each subtopic includes clearly marked links to information at government agencies, professional associations, and institutes. Resource Lists are bibliographies on a variety of topics, organized by subject areas. www.nal.usda.gov/fnic/

***Food Network.com**

Provides information on the 50 cooking shows that air on the food network. Provides advanced searching for 25,000 recipes drawn from all of the cooking shows. Under the link "Cooking," cooking demos provide beginning, intermediate and advanced cooking instructions, and tips are shown via still photographs and video clips. Also a culinary Q&A to ask the chefs culinary questions, an encyclopedia of food, a fat/calorie counter, and an ingredient substitution list. Gives basic information on wine and pairing wine with food. <http://www.foodtv.com/>

Food Network.com: Holiday Archives

Recipes and menus for major and some minor holidays. Sidebar topics pop up with every recipe: Terms and Tips Encyclopedia, Culinary Q and As, Ingredient Substitutes, and Fat and Calorie Calculator. http://www.foodnetwork.com/food/et_holidays

Food Psychology

Features essays on topics such as why we overeat, grocery shopping, labeling of soy products, comfort foods, and advertising. <http://www.foodpsychology.com>

***Food Safety Throughout the Food System**

Includes food safety databases for consumers, food service/retailers, processors, and producers. Has links to home food preservation resources, much of them available as downloadable PDF files, as well as fact sheets, brochures, and books (also downloadable), as well as links to videos aimed at trainers of food service workers. From the Department of Food Science, Penn State University. foodsafety.cas.psu.edu

*** Food Safety and Inspection Service**

Contains a number of helpful downloadable fact sheets; an image and video library free to the user; and a downloadable PDF pamphlet, **Cooking for Groups: A Volunteer's Guide to Food Safety**, in English (www.fsis.usda.gov/PDF/Cooking_for_Groups.pdf) and Spanish (www.fsis.usda.gov/oa/pubs/cfg/Cook_Groups_sp.pdf). From the U.S. Department of Agriculture (USDA).

***Food Safety Web Sites**

Reliable and useful information is available from the **International Association for Food Protection** (<http://www.foodprotection.org>) and some commercial "natural foods" companies, such as **Whole Foods** (http://www.wholefoodsmarket.com/issues/list_foodsafety.html). Many feature downloadable streaming videos. **Food Safety Music** (<http://foodsafety.ucdavis.edu/music.html>) features funny and educational parodies of pop music hits covering all aspects of food safety. **Before Disaster Strikes: A Guide to Food Safety in the Home** is a downloadable pamphlet on safe food handling during and after an emergency situation available in English (www.foodprotection.org) and Spanish (http://www.foodprotection.org/publications/Booklets/Disaster_Strikes_Spanish.pdf). **Food Safety at Temporary Events** is a manual on safe food preparation and handling for group events available in English (http://www.foodprotection.org/publications/Booklets/Food_Safety_Temp_Events.pdf) and Spanish (www.foodprotection.org/publications/Booklets/Food_Saf_Temp_Spanish.pdf).

food411.com

A directory of food and food-related businesses, "designed by food enthusiasts for food enthusiasts." Includes sources of foods, cooking supplies, magazines and blogs, health and weight loss sites, recipe collections, and restaurant guides. Searchable. <http://www.food411.com>

***FoodSafety.gov: Gateway to Government Food Safety Information**

Consolidates and organizes food safety information from a variety of U.S. government agencies into logical categories (news and safety alerts, consumer advice, kids, teens, and educators). Includes links to food safety materials in other languages and a video library. www.foodsafety.gov

Food Theme Month Links

A collection of links to materials about various foods, wellness topics, and holiday meals related to specific months of the year. <http://lancaster.unl.edu/food/ciqlinks.htm>

***Food Timeline**

A source for culinary history web resources divided into two timelines: the Food Timeline is organized by date, recipe, or agricultural advancement and begins with prehistoric culinary information and includes links for most major time periods, type of foods, and dishes up to the present day; the Culinary History Timeline is organized by date and by location and also includes dozens of links to recipes, online exhibits, articles, and general Web resources. <http://www.gti.net/mocolib1/kid/food.html>.

Foodspk.com

Except where indicated, descriptions adapted from the [Librarians' Index to the Internet](http://www.lii.org), www.lii.org.

* Descriptions adapted from issues of [Booklist](#), [College & Research Libraries News](#), [Library Journal](#), or [Reference & User Services Quarterly](#).

(VO-6/06)

Contains hundreds of Indo-Pakistani recipes, as well as Chinese, English (British), Italian, American, Arabic, and Mexican dishes. Searchable, or browse by cuisine and type of dish. Includes a food glossary, weights and measures conversion table (most recipes use metric measurements), and information on food safety, calories, and nutrition. Provides an illustrated list of spices and foods in both English and Urdu. <http://www.foodspk.com/>

French Food and Cook

French cooking techniques and recipes for traditional French dishes. Recipes are given in metric measures and detailed information about the French dining experience and culture of food is provided. Table settings, courses, typical menus, and most recipes are explained in English; a few recipes are in French. <http://www.ffcook.com/>

French Wine Guide

A guide to French wine regions, appellations, varieties, wine making, wine tasting, and more. Offers suggestions for pairing food with wine. Includes a glossary and an explanation of wine designations such as AOC (Appellation d'Origine Contrôlée). <http://www.terroir-france.com>

***Fungi of California: Edible Fungi**

A list of mushrooms "that are: (1) Large enough to be considered for the table. (2) Generally considered edible for most people. (3) Fairly commonly eaten in California or elsewhere. Information about each mushroom includes a photograph, description, and links to further information. <http://www.mykoweb.com/CAF/edible.html>

Garlic Central

Includes information about growing garlic, storage tips, a photographic guide to crushing garlic, recipes (many of which are vegetarian), a nonmedical overview of potential health benefits and uses, quotes about garlic, brief garlic lore, a list of garlic festivals, and more. Also includes links to related sites. <http://www.garlic-central.com/>

GourmetSpot

Provides links to dozens of web resources, including sites for recipes, which are organized under several subjects: general recipes, ethnic, healthy, kosher, vegetarian, and recipes from restaurants. Links to beverage web sites and restaurant guides can also be searched. Also contains a guide to television programs on cooking on every network and a list of culinary magazine web sites and weekly food columns in national newspapers. Sponsored and compiled by StartSpot Network. <http://www.gourmetspot.com/>.

Guide to Non-Dairy "Milks"

Guide to choosing alternatives to dairy milk, such as soy milk. Discusses nutritional content (including calcium and Vitamin D), choices for children, cooking with milk substitutes, and related topics. <http://www.vrg.org/journal/vj2001jan/2001janmilk.htm>

Holidays: Cinco de Mayo

Recipes for this Mexican celebration are provided by the Food Network, with several each for salsa, guacamole, nachos, empanadas, enchiladas, tamales, burritos, tacos, fajitas, and desserts. http://www.foodtv.com/food/et_hd_cinco_de_mayo/0,1972,FOOD_9833,00.html

Home Wine 101

Offers more than two dozen fruit wine recipes, a very general explanation of basic steps for wine making, and a list of tips for beginners. Includes recipes with everything from apples to watermelon as primary ingredients and wines made from tomatoes, pumpkins, persimmons, and dandelions. <http://www.weekendbrewer.com/homewine101.html>

***IBIDS: International Bibliographic Information on Dietary Supplements**

A collaboration between the Office of Dietary Supplements, National Institutes of Health (NIH), and the Food and Nutrition Information Center (FNIC) of the National Agricultural Library (NAL), Agricultural Research Service (ARS), United States Department of Agriculture (USDA). Includes such topics as supplements' roles in normal nutrition and disease, studies, chemical composition, biochemical roles, fortification of foods, nutrient composition, surveys, and production. Covers 1986 to the present grande.nal.usda.gov/ibids/index.php

***IFIC: International Food Information Council Foundation**

Communicates scientific information on food safety and nutrition. Sections include "Food Safety and New Technology" and "Adult Nutrition." Also has a glossary of food-related terms. www.ific.org

Index of Wildgame Recipes

Collection of recipes for dishes using beavers, doves, ducks, opossums, raccoons, rabbits, squirrels, turtles, woodchucks, and other wild animals. <http://www.ces.ncsu.edu/martin/newsletters/newsarticles/wildrecipes/list.html>

International Year of Rice: 2004

Provides fact sheets about rice production, information about rice cultivation throughout the world, and material about cultural aspects related to rice. Includes recipes. Searchable. Available in several languages. From the Food and Agriculture Organization of the United Nations (FAO). <http://www.fao.org/rice2004/>

Julia Child: Lessons with Master Chefs

Lessons from dozens of master chefs, with videos. Includes brief biographies of the chefs, some tips, and recipes. "Eater's Digest" offers "more ideas to encourage your own kitchen adventures." Searchable. <http://www.pbs.org/juliachild/>

kidsnutrition.org

Provides an overview of research, and offers hundreds of articles covering nutrition for children from infancy through adolescence. Also includes interactive nutrition calculators, posters, and links to related sites. <http://www.kidsnutrition.org>

Latke Festival Offers New Takes on Holiday Favorite

Features several recipes from the Long Island (New York) Latke Festival, including pesto latkes, firecracker latke poppers, and curried sweet potato latkes. Provides audio of the broadcast and links to related articles on Hanukkah cooking. <http://www.npr.org/templates/story/story.php?storyId=4225878>

***Lindt: Chocology**

Brief features on chocolate, including a timeline of chocolate, an overview of the chocolate production process, fact sheets on a number of topics regarding chocolate and health, and recipes for brownies, truffles, mousse, cake, and other chocolate items. From a chocolate maker. <http://www.lindtusa.com/chocomania.cfm>

"Living, Audio" Wine Dictionary

Provides "a collection of [brief] definitions and audio recordings of wine terminology and wine/winery names" for over 1000 mainly French, German, Italian, and Spanish terms (over half have audio). Includes definitions for regions and related terms. Searchable and browsable. http://www.stratsplace.com/winepronon_dict.html

LocalWineEvents.com

Has classified advertisements and links for all sorts of wine and wine related products, tours, classes, clubs, publications, and job opportunities. Lists local wine events throughout the world (browsable by location, date,

or name of event), including wine festivals, tastings, dinners, auctions, seminars, lectures, and more. Also provides an event submission form and a sign-up for e-mail notification of events in specific places. <http://www.localwineevents.com/>

Loma Linda University: Vegetarian Resources

Provides vegetarian recipes, healthful substitutions, fact sheets, a vegetarian food guide, and sample articles from Loma Linda University Nutrition & Health Letter (NHL). <http://www.llu.edu/llu/nutrition/veg.html>

Making Table Wine at Home

A 1988 booklet providing instructions for making red and white table wines at home. Features information about the composition and quality of grapes and wine, potential spoilage and stability problems, analyzing juice and wine, evaluating wine quality, and the winemaking facility. Also includes a bibliography and a glossary. <http://wineserver.ucdavis.edu/WineGrape/Homewine/>

Meaning of Food

"Explores our relationships to food and reveals the connection food has to our identity: personal, cultural, and familial." Features stories on topics such as the slow food movement, comfort foods, an edible schoolyard, family restaurants, gourmet dog food, kosher foods, kitchen gadgets, and food and literature. Includes lessons plans and related links. <http://www.pbs.org/opb/meaningoffood/>

Menuplanner

An interactive menu planner that permits the calculation of daily calories. Contains material on healthy weights, body mass index (BMI) calculation, and portion information. Part of the National Heart, Lung, and Blood Institute's Obesity Education Initiative. <http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

MyPyramid.com

The Federal Government's food pyramid. Allows users to create individual eating and nutrition strategies. Includes dietary guidelines, tips and resources, and related links. <http://world-newspapers.com/>

***National Center for Home Food Preservation**

Provides answers to home food preservation questions and downloadable how-to instructions, including both pamphlets and multimedia (videos, slide shows), and a link to a free online self-study course. www.uga.edu/nchfp

***National Restaurant Association**

News, industry research, advice on running a business, policy and politics, careers & education, and food safety & nutrition are among the sections provided by the "leading business association for the restaurant industry." <http://www.restaurant.org/>

Nutrition and Your Health: Dietary Guidelines for Americans

"Provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases." Includes current and past issues of the Guidelines, tips for using the Guidelines, and related links. A joint publication of the U.S. Departments of Health and Human Services and Agriculture. <http://www.health.gov/dietaryguidelines/>

Nutrition Country Profiles

"Provide[s] concise analytical summaries describing the food and nutrition situation in individual countries, with background statistics on food-related factors such as agricultural production, and selected economic and demographic indicators." Summary reports are accompanied by standardized data in graphs, tables, and maps. Provides profiles for over 50 countries with emphasis on Latin America and the Caribbean. Some material only

available in Spanish. From the Food and Agriculture Organization (FAO) of the United Nations. http://www.fao.org/es/ESN/nutrition/profiles_en.stm

***Nutrition.gov**

Provides access to a variety of government-sponsored resources and information on nutrition, food safety, and figures for American food consumption as well as links to related government web sites on fitness and disease prevention. <http://www.nutrition.gov>.

Nutrition Information and Resource Center (NIRC)

Provides links to sites and materials relating to various nutrition topics, including bibliographies and links to nutrition news and community resources. Searchable. <http://nirc.cas.psu.edu/>

Nutrition Source: Knowledge for Health Eating

Explores the latest science about healthy eating for adults, Some questions it tries to answer: "How helpful is the USDA's new My Pyramid "food guidance system"? "Should you still be concerned about fat intake?" "Should you eat more or fewer carbohydrates?" Provides tips for healthy eating and dispels a few nutrition myths along the way. Talks about what people should eat and why. From the Harvard School of Public Health. <http://www.hsph.harvard.edu/nutritionsource/>

NutritionData

Provides a searchable database of food composition and nutrition information. Each result includes a nutrition facts panel; calorie ratio pyramid for carbohydrates, fats, and protein; and detailed information about minerals, vitamins, and other components of the food item. Also includes nutritional data for some fast-food restaurants and other nutrition tools. <http://www.nutritiondata.com/>

NY Food Museum - An online museum presenting exhibits about the foods and culinary history of New York City. Features exhibits about how New Yorkers ate 100 years ago (including information about production, manufacturing, and dining), ethnic restaurants in New York, and information about the pickle (including a timeline and recipes). Also includes links to related sites. <http://www.nyfoodmuseum.org>

Obesity in America

Interactive map of the U.S., showing the percentage of obese people in each state for 1985-2004. Also includes related articles such as "Is Your State Overweight?" and "Turning the Tide on America's Obesity Epidemic," and a four-part series about weight loss and fitness. <http://health.msn.com/reports/obesity/>

Overweight and Obesity

Provides the Centers for Disease Control and Prevention's definitions of obesity and its guidelines and recommendations for "finding solutions to the problem of obesity and overweight." Features statistics on obesity trends, links to state-specific information, and sections on the health and economic consequences of obesity. <http://www.cdc.gov/nccdphp/dnpa/obesity/>

Paul Evans Library of Fruit Science: Viticulture

Provides information related to Viticulture, a.k.a. grape growing, primarily in the U.S. Covers reference tools, vineyard management, publications, organizations, research centers, government agencies, botany, grape pests and diseases, and regional information. <http://library.smsu.edu/paulevans/viticulture1.shtml>

Platillos Latinos ¡Sabrosos y Saludables!/Delicious Heart-Healthy Latino Recipes

Family favorite recipes of Latinos working on a project called Salud para su Corazón. Each recipe includes calorie, fat, cholesterol, sodium, calcium, and iron counts. Opens directly into a PDF document. In English and Spanish. http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

Professional Friends of Wine

Provides a broad range of information about wine and wine making, covering history, grape growing, wine label interpretation, selecting and serving wine, tasting notes, and more. Includes event listings, editorials, reading recommendations, and related links. Searchable. From a group of grape growers, merchants, and restaurateurs. <http://www.winepros.org/>

Realbeer.com

All about brewing beer, drinking beer, beer history, pubs, brewing industry news, discussion boards, beer festivals, and more. Includes regional and city guides to breweries (micro- and national), pubs, and brewpubs. Searchable. <http://realbeer.com/>

Safe Food Handling: Barbecue Food Safety

Tips for safe handling of food, including defrosting, marinating, transporting, keeping cold food cold and hot food hot, cleanliness, precooking, thorough cooking, reheating, serving, leftovers, safe smoking, pit roasting, and cancer risks from high-heat grilling. From the Food Safety and Inspection Service (FSIS), U.S. Department of Agriculture (USDA). http://www.fsis.usda.gov/Fact_Sheets/Safe_Food_Handling_Fact_Sheets/index.asp

Sake World

Background information on sake (Japanese rice wine), including how it is made, sake types, and matching food with sake. Features a glossary, sake picks, and articles on brewing, history, and culture. Also provides brief information about shochu and awamori, two other alcoholic beverages from Japan. <http://www.sake-world.com/>

SFGate.com: Wine

Wine articles and resources from the [San Francisco Chronicle](#), including news, columns, a directory of California wineries, Napa and Sonoma travel information, and features on cheeses, food pairing, bargain wines, wine selections, and wine culture. Also includes articles about spirits and cocktails. Searchable. <http://www.sfgate.com/wine/>

***Spices Exotic Flavors & Medicines**

Provides scanned images of spices and includes the chemical makeup, medicinal properties, flavor, and history of the spice. <http://unitproj.library.ucla.edu/biomed/spice/index.cfm?displayID=2>.

***Star Chefs**

Contributions of 100 famous chefs, including pastry chefs, with links to their recipes, biographies, and their restaurant web sites. Provides access to an international list of culinary schools, hotel and restaurant jobs, and extensive information on wine and wine pairing. "Community" provides several links to other culinary web sites, news groups, and culinary associations. "Features" lists articles on a variety of topics, including recipes, holiday cooking, cookbook reviews, travel information, and trends. "Ask the Experts" allows e-mail questions to be posted to chefs with their responses. <http://starchefs.com/>.

Taste California Travel

A consumer-oriented Web magazine that features "stories about California wineries, California travel, wine country destinations and events, wine reviews, and food, wine, and lodging news." Not searchable. From California Wine and Food Magazine. <http://www.tastecaliforniatravel.com/>

Three Sisters Cookbook

A browsable collection of recipes that includes dishes featuring the Iroquois "three sisters," corn, beans, and squash, which are often planted together in the garden. Includes soups, salads, casseroles and other main dishes, breads, and desserts. From the Oneida Indian Nation. <http://oneida-nation.net/FRAMESfood.html>

Trans Fat Overview

Fact sheets, statements, and other publications on trans fat (also called trans fatty acids), "formed when liquid vegetable oils go through a chemical process called hydrogenation, in which hydrogen is added to make the oils more solid." Topics include health effects of trans fat, foods that contain trans fat, and FDA labeling rules for trans fat. Also provides general materials about fats and healthy eating. From the American Heart Association. <http://www.americanheart.org/presenter.jhtml?identifier=4776>

USDA/FDA Foodborne Illness Education Information Center

Provides information about preventing foodborne illnesses. Features searchable databases of citations to training and educational materials, stories from educators, a discussion group, and selected web links. From the Food Safety and Inspection Service of the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA). <http://www.nal.usda.gov/foodborne/>

Victorian Government Health Information. State Government of Victoria, Australia. Department of Human Services

Full-text pamphlets on a variety of food safety concerns and practices in 23 languages, including Albanian, Arabic, Chinese, Spanish, and Vietnamese. Select the "In your language link," then look for the particular practice or concern, and then for the language needed. www.health.vic.gov.au/foodsafety

Vintage School: International Institute for Internet Wine Studies

A free introductory course about wine with a history unit that includes chapters on Greece, Rome, Gaul, the Middle Ages, champagne, kosher wine, and Australian muscat. Also discusses grape varieties and composition, vineyards, wine selection, regional wines, and palate priorities. Offers a glossary of wine tasting terms, essays, humor, a dictionary, and chat. Searchable. <http://www.vintageschool.com/>

Whatisinit?

Provides information about the ingredients in common foods, personal care products, and over-the-counter drugs, with an emphasis on animal by-products, pork, chemicals, and additives that are not "halal" (compatible with Islamic dietary guidelines). Search or browse ingredients, products, companies, and related sites. Includes a section on terminology. <http://www.whatisinit.com/>

Wild (And Not-So-Wild) Recipes

Provides recipes for foods found by foraging in the wild, (e.g. dandelions) Also features recipes using acorns, wild apricots, burdock, cattails, chickweed, purslane, saffras, strawberries, sunflowers, and other edible wild foods. <http://www.wildmanstevebrill.com/Web%20Recipes/Recipes%20Page.html>

Wine Anorak

Information for the wine hobbyist, covering topics such as buying, tasting, pairing wine with food, and traveling. Features book reviews, photos, a glossary, and annotated web links. Searchable. <http://www.wineanorak.com/>

Wine Articles & Education

Articles on topics such as pairing wine and food, planning a wine and cheese picnic, cooking with wine, wine flavors and aromas, and wine storage. Also features wine quotes, a list of wineries that produce organic wines, and data on wine bottle sizes and champagne sweetness. http://www.travelenvoy.com/wine/wine_articles.htm

WineMaker

Features selected articles, a directory of wine making equipment suppliers, a sulfite calculator, a downloadable log chart, charts of ingredients and yeast strains, a guide to common grapes, and other resources for the wine

making hobbyist. Also includes a gallery of wine label design contest winners. Searchable.
<http://winemakermag.com/>

World's Healthiest Foods List, A-Z

Profiles of several dozen foods selected on the basis of their nutrient density ("a measure of the amount of nutrients a food contains in comparison to the number of calories") and being whole, familiar, readily available, affordable, and good-tasting. Detailed nutritional information is provided for each food. Browsable by category (such as vegetables and grains).
<http://www.whfoods.com/foodstoc.php>

For books, see **SOME REFERENCE MATERIALS ON FOOD, DIET AND NUTRITION IN THE MESA COLLEGE LIBRARY** handout.

IF YOU NEED HELP, ASK A LIBRARIAN.