



Eat Smart Program  
Missoula City-County  
Health Department

# Nutrition Resources

- American Heart Association: [www.americanheart.org](http://www.americanheart.org)
- MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)  
*USDA recommendations for each of the food groups, as well as interactive tools including a personalized diet assessment tool, calorie calculator, and more!*
- Portion distortion quiz: <http://hp2010.nhlbi.nih.gov/portion/index.htm>
- Label Reading 101: <http://www.healthcastle.com/nutrition-food-label.shtml>  
*Features an interactive quiz and hands-on examples*
- Environmental Working Group: <http://www.ewg.org/>  
*Most and least contaminated fruits and vegetables and other consumer information*
- IFIC Consumer Survey: <http://www.ific.org/research/upload/2007Survey-FINAL.pdf>  
*Interesting survey administered by the International Food and Information Council about how consumers view and understand their own diets and any efforts to improve them.*
- Fruits & Veggies More Matters Campaign: <http://www.fruitsandveggiesmorematters.gov>
- Online nutrition-related quizzes: <http://diet.ivillage.com/archive/0,,14-3,00.html>
- Fish & mercury information: <http://www.cfsan.fda.gov/~dms/admehg3.html>
- **What to Eat**, by Marion Nestle: An aisle-by-aisle guide to healthy food choices and nutritious eating.
- Nutrition Label Reading: <http://www.cfsan.fda.gov/~dms/foodlab.html>  
*The FDA's step-by-step instructions about reading and understanding food labels.*
- CSPI Newsroom: <http://www.cspinet.org/new/index.html>  
*Center for the Science of Public Interest—nutrition research and other consumer health information*

301 W. Alder Street  
Missoula, MT 59802

Kristin Rohfleisch, Coordinator  
(406) 258-3827  
[rohfleischk@ho.missoula.mt.us](mailto:rohfleischk@ho.missoula.mt.us)

