

Healthy Living: Reliable Websites¹

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Did you know that the Internet has over 960 million websites? It may be hard to imagine, but it is true, and the number of websites is growing every day. Unfortunately, there are no regulations to ensure that the information you find on websites is accurate. In fact, there are many websites that do NOT provide reliable information.



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So how can you choose websites wisely?

Focus on government and education sites—look for website 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, and food safety that are helpful for older persons. Many of them provide links to additional websites.

Nutrition and Health

National Agricultural Library/US

Department of Agriculture: <http://www.nutrition.gov> (Nutrition and health issues; weight management; shopping, cooking, and meal planning; dietary supplements; food assistance; links to government nutrition and health websites)

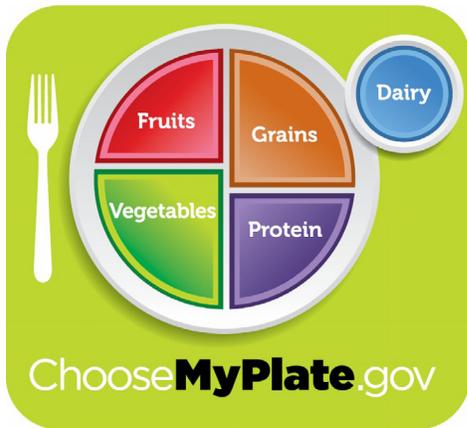
National Library of Medicine: <http://www.nlm.nih.gov/medlineplus/> (Health, drugs, supplements, medical terms, provider directories; information in over 40 languages)

1. This document is FCS8587 (La versión en español de este documento es *Vida saludable: sitios web confiables* (FCS8587-Span)), one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date January 2001. Revised January 2016. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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US Department of Agriculture: <http://www.cnpp.usda.gov/> (Nutrition education for adults and children/youth, including MyPlate, Dietary Guidelines, nutrient content of foods, recipes, and more)



Disease Management and Reducing Risk

National Diabetes Education Program: <http://ndep.nih.gov> (Prevention, treatment, and research; materials for consumers and health professionals in 18 languages)

National Heart, Lung, and Blood Institute: <http://www.nhlbi.nih.gov> (Information about hundreds of health topics related to the heart, lungs, and blood, as well as information about sleep disorders; available in English and Spanish)

The National Osteoporosis Foundation: <http://www.nof.org> (Prevention, treatment, support groups, and research)

Food Safety

UF/IFAS Solutions for Your Life—Food Safety: http://solutionsforyourlife.ufl.edu/families_and_consumers/food_safety/ (Food safety, disaster preparation and recovery, food allergies, foodborne illness, food preparation and handling, food storage and preservation)

US Department of Health & Human Services: <http://www.foodsafety.gov> (Food

safety news, advice, regulations; gateway to government food safety information)

US Food and Drug Administration: <http://www.fda.gov/Food/default.htm> (Food recalls, outbreaks and emergencies; foodborne illness; resources)

General Interest for Older Adults

National Institute on Aging: <http://www.nia.nih.gov/> (Publications related to caregiving, healthy aging, medications, and more; available in 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; available in English and Spanish)

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



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