Chronic Disease Prevention and Health Promotion

Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year. These diseases also cause major limitations in daily living for almost 1 out of 10 Americans or about 25 million people.

http://www.cdc.gov/chronicdisease/index.htm
Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
Get Yourself Moving!

Add years to your life and life to your years with daily physical activity.

Read More

Nutrition Center
At the heart of good health is good nutrition. Find recipes, healthy cooking tips, secrets to heart smart shopping and much more.

Physical Activity
The benefits of physical activity are solidly proven and well documented. But many of us need some extra motivation to get moving. Find that motivation with our programs designed to offer you support and encouragement.

Weight Management
Losing weight usually takes effort, and keeping it off has its own set of challenges. But your small everyday choices matter! Learn about BMI, losing weight and tips for success.

Stress Management
Whether you're facing crisis or simply managing the challenges of fast-paced living, you can learn to take good care of yourself and solve many of life's problems. Don't let stress get out of control.

Fats & Oils
Not all dietary fats are bad! Do you know how to select healthy fats? The terminology can be confusing, so we've taken the guess work out for you. Learn about making good choices including healthy fats and oils.

Quit Smoking
If you or a loved one needs some extra support to successfully quit smoking, we can help. Learn how to handle slips and enjoy your new smoke free life...one day at a time.
Welcome to the Nutrition Center! Good nutrition is essential for your family’s heart health. Browse the American Heart Association’s Nutrition Center and start making small changes in your diet. Before you know it, you’ll be on the road to healthier hearts and longer lives!

Nutrition Center

Healthy Diet Goals
A healthy diet and lifestyle are your best weapons in the fight against heart disease. Use our guidelines to make smart choices to benefit your heart and your overall health.

Healthy Cooking
Cooking at home? Be sure to use nutritious ingredients and follow a healthy preparation routine. Get tips on turning your kitchen into the heart-healthy hub of your home.

Dining Out
Just because you’re at a restaurant doesn’t mean you should put good food sense on the back burner. Find out how to eat healthy when you dine out.

Heart-Smart Shopping
It’s usually healthier and cheaper to cook at home, but supermarkets can seem overwhelming. Get tips on staying heart-smart and making healthy choices at the store.

Recipes
Boost your recipe collection with some heart-healthy favorites. Try our recipes that use ingredients with the “better” fats: monounsaturated and polyunsaturated.

Cookbooks
Our consumer publications give you the information you need increasing their physical activity, maintaining a healthful weight and improving their overall heart health. We have a wide variety of cookbooks available.
Dietary Supplements

Dietary supplements are vitamins, minerals, herbs and other substances meant to improve your diet. They can come as pills, capsules, powders and liquids. Supplements do not have to go through the testing that drugs do.

Some supplements can play an important role in health. For example, pregnant women can take the vitamin folic acid to prevent certain birth defects in their babies. Taking supplements can also be a type of complementary or alternative medicine (CAM).

To take a supplement as safely as possible:

- Tell your doctor about any dietary supplements you use
- Do not take a bigger dose than the label recommends
- Stop taking it if you have side effects
- Read trustworthy information about the supplement

NIH. National Center for Complementary and Alternative Medicine

Get Dietary Supplements updates by email

Enter email address GO What's this?

Start Here

- Dietary Supplements: Background Information NIH (National Institutes of Health, Office of Dietary Supplements)
- FDA 101: Dietary Supplements (Food and Drug Administration)
- Using Dietary Supplements Wisely NIH (National Center for Complementary and Alternative Medicine)

Related Topics

- Antioxidants
- Calcium
- Complementary and Alternative Medicine
- Folic Acid
- Herbal Medicine
- Vitamins
- Complementary and Alternative Therapies
- Food and Nutrition

National Institutes of Health

The primary NIH organization for research on Dietary Supplements is the NIH Office of Dietary Supplements
Dietary Supplements

General Information and Resources

Find links to general information about dietary and nutritional supplements from both governmental agencies and non-governmental organizations. Includes resource lists, individual supplement information, and links to resources for assessing supplement use.

Regulations, Reports and Warnings

Includes information on government regulations, labeling requirements, consumer reports and industry regulation information.

Resources on Individual Macronutrients, Phytonutrients, Vitamins, & Minerals

- **Macronutrients** - includes general and specific resources on carbohydrates, proteins, fiber, fats and cholesterol, water, as well as interactive tools.
- **Phytonutrients** - includes general information, government-related sites, and resources on specific phytonutrients such as tea, lycopene, and phytoestrogens.
- **Vitamins and Minerals** - includes general information as well as resources for specific vitamins and minerals.

Herbal Information

Find general herbal resources, as well as organizations like the American Botanical Council, HerbiMed, and the Herb Research Foundation. Also find resources on individual herbs including St. John’s wort, palmetto, stevia, black cohosh, and more.

International Bibliographic Information on Dietary Supplements (IBIDS)

The International Bibliographic Information on Dietary Supplements (IBIDS) database provides access to bibliographic citations and abstracts from published, international, and scientific journals.
Nuevo: Información en español

Varías hojas informativas sobre ingredientes específicos de los suplementos dietéticos ahora están disponibles en español.

Several consumer fact sheets about individual dietary supplement ingredients are now available in Spanish.

- Datos sobre la vitamina B12 Vitamin B12 QuickFacts
- Datos sobre la vitamina C Vitamin C QuickFacts
- Datos sobre el zinc Zinc QuickFacts

Más información en español »

Dietary Supplement Fact Sheets

The Office of Dietary Supplements (ODS) fact sheets give a current overview of individual vitamins, minerals and other dietary supplements. ODS has fact sheets in two versions—Health Professional and QuickFacts. Both versions provide the same type of information but vary in the level of detail. QuickFacts are now available in Spanish. More Dietary Supplement Fact Sheets »

General Information

- Background Information
- Botanical Dietary Supplements
- Full List of Fact Sheets
- Frequently Asked Questions
- Información en español

Featured Dietary Supplement Fact Sheets

Iodine

The use of iodized salt is the most widely used strategy to control iodine deficiency. More »

Vitamin C

The amount of vitamin C you need each day depends on your age. More »

Health Information

- Frequently Asked Questions (FAQ)
- Dietary Supplements: What You Need to Know
- Tips for Older Supplement Users
- How to Spot Health Fraud
- How to Evaluate Information on the Internet
- FDA: Warnings and Safety Information
- Información en español

More Information »

Headlines

- In Memoriam: Norman R. Farnsworth Ph.D.
- Vitamin B6 Fact Sheet
- Multivitamin/Mineral Dietary Supplements Fact Sheet
- For Industry: Reporting Adverse Events

More Information »

Keep Up-To-Date

- Sign up for the ODS listerv
- Read the ODS newsletters
- Download ODS free iPhone/iPad app, MyODS
- Follow us on Twitter
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More Nutrition Resources can be found at:

- [http://libguides.wvu.edu/nutrition](http://libguides.wvu.edu/nutrition)

- Contains links to:
  - Nutrition databases
  - Electronic journals
  - Government websites
  - Consumer websites
  - Sites and books for nutrition & disease
Questions??

- Now

- Future:
  - Susan.Arnold@mail.wvu.edu
  - (304) 293-2105

- HSL Circulation Desk: 293-1933

- HSL Reference Desk: 293-6810

- Chat/Text Reference:  www.libraries.wvu.edu/ask

- Text-A-Librarian @ 304-220-0919