



**Health Sciences Libraries**  
UNIVERSITY OF WASHINGTON

# **Locating Nutrition Articles and Resources on the Web**

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# Objectives

- Identify **web sites** of interest to pediatric nutritionists
- Perform a **basic *PubMed* search** to find nutrition-related journal articles
- Identify web resources for **evidence-based dietetics practice**

# Navigation Difficulties

- Size of the web
- Lack of control or review
- Lack of quality standards



# Navigating the Web Beyond Google

## ➤ Google [google.com](http://google.com)

- Largest search engine: over **8 billion** pages
- **Relevance ranking** based on link analysis

## ➤ Google Advanced Search

[www.google.com/advanced\\_search?hl=en](http://www.google.com/advanced_search?hl=en)

## ➤ Google Scholar [scholar.google.com](http://scholar.google.com)

food pyramid vegetarian

Search

Advanced Image Search Preferences

Moderate Safe Search is on

Images

Results 1 - 20 of about 86 for food py

Show:



Vegetarian Pyramid.gif

440 x 432 pixels - 26k

mywebpages.comcast.net/.../p4.htm

vegetarian-food-pyramid.jpg

323 x 400 pixels - 42k

www.weight-loss-i.com/vegetarian-food-pyramid.htm

Pyramid-Vegetarian-01.jpg

500 x 400 pixels - 31k

www.sdada.org/GCNC\_Position\_Statement\_on\_Veg...



vegp.gif

363 x 464 pixels - 42k

www.moriahsda.org/pyramid.htm



pyramid.gif

425 x 517 pixels - 130k

www.andrews.edu/NUFS/veggiediet.html



vegetarian pyramid.gif

633 x 785 pixels - 203k

www.state.sd.us/.../vegetarian%20pyramid.htm

# Google Advanced Search Features

[www.google.com/advanced\\_search?hl=en](http://www.google.com/advanced_search?hl=en)

- **File Format**, *i.e.* pdf
- **Date**, *i.e.* pages updated in last 3 months
- **Occurrences**, *i.e.* terms appear in title
- **Domain**, *i.e.* .gov, .edu
- **Links**, *i.e.* pages that link to the page

## Find results

- with **all** of the words
- with the **exact phrase**
- with **at least one** of the words
- without** the words

## Language

Return pages written in

## File Format

return results of the file format

## Date

Return web pages updated in the

## Numeric Range

Return web pages containing numbers between

## Occurrences

Return results where my terms occur

## Domain

return results from the site or domain

e.g. google.com, .org [More info](#)

## SafeSearch

No filtering  Filter using [SafeSearch](#)

## Froogle Product Search (BETA)

### Products

Find products for sale

To browse for products, start at the

## Page-Specific Search

### Similar

Find pages similar to the page

e.g. www.google.com/help.html

### Links

Find pages that link to the page



Web [Images](#) [Groups](#) [News](#) [Froogle](#) [more »](#)

vitamin d supplementation breastfeeding expert

Search

[Advanced Search](#)  
[Preferences](#)

Search the Web  Search English pages

Web Results 1 - 10 of about 63 English pages for vitamin d supplementation breastfeeding expert panel

### [\[PDF\] Vitamin D Expert Panel Meeting](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Calikoglu's presentation by **expert panel** members and ... interfere with the physiologic aspects of **breastfeeding**? ... **vitamin D** and **vitamin D supplementation** do not ...

[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Vitamin\\_D\\_Expert\\_Panel\\_Meeting.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Vitamin_D_Expert_Panel_Meeting.pdf) - [Similar pages](#)

### [\[PDF\] Data to Action](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... 8 d. Prenatal Care ... drug use, 8 failure to take prena tal **vitamins**, 5 and ... shared 1996–1997 data with the Alaska Special **Supplemental** Nutrition Program for ...

[www.cdc.gov/reproductivehealth/dataAct2002/pdfs/data\\_to\\_action\\_2002.pdf](http://www.cdc.gov/reproductivehealth/dataAct2002/pdfs/data_to_action_2002.pdf) - [Similar pages](#)

[ [More results from www.cdc.gov](#) ]

### [\[PDF\] Facts About Dietary Supplements](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Shaw GM, Schaffer **D**, Velie EM, Morland K ... Periconceptional **vitamin** use, dietary folate, and the occurrence of ... W. Multivitamin/folic acid **supplementation** in early ...

[www.cc.nih.gov/ccc/supplements/folate.pdf](http://www.cc.nih.gov/ccc/supplements/folate.pdf) - [Similar pages](#)

### [\[PDF\] Proposed Rules](#)

File Format: PDF/Adobe Acrobat - [View as HTML](#)

... Intakes (Calcium, Phosphorus, Magnesium, **Vitamin D**, and Fluoride ... Niacin, **Vitamin B6**, Folate, **Vitamin B12**, Pantothenic ... Program to provide **supplemental** foods and ...

[www.fns.usda.gov/cga/Federal-Register/2003/091503.pdf](http://www.fns.usda.gov/cga/Federal-Register/2003/091503.pdf) - [Similar pages](#)

# Google Scholar

*[scholar.google.com](http://scholar.google.com)*

- Searches for **scholarly literature**, including peer-reviewed papers, theses, books, abstracts and technical reports
- Finds articles from academic publishers, professional societies, universities, etc. as well as scholarly articles on the web
- "**Cited by**" link identifies # that have cited the original
- Access to full text only available with subscription
- **NEW:** Now links to full text articles the UW subscribes to
- **Caution:** Not a reliable sole source for searching scholarly literature

# Meta-Search Engines

Allow you to send searches to more than one search engine at a time



Clusty  
DogPile

[clusty.com](http://clusty.com)  
[dogpile.com](http://dogpile.com)

# Clusty

*clusty.com*

- All the speed and functionality of *Google*, with clustering added
- **Clustered results** in left margin
- Why use clustering?
  - Learn at a glance types of information available
  - Uncover results that are otherwise buried



Web+

News

Images

Shopping

Wikipedia

Gossip

Gov

Jobs

Customize!

apple

Cluster by: Topics

All Results (275)

- + [Mac](#) (88)
- + [iPod](#) (42)
- + [Apple Store](#) (24)
- + [Hardware](#) (18)
- + [History](#) (15)
- + [QuickTime](#) (13)
- + [Big Apple](#) (10)
- + [Fruit, Family](#) (8)
- + [User Group](#) (9)
- + [Weblog](#) (7)

[more](#) | [all clusters](#)

Tell us what you think.

[clusty@clusty.com](mailto:clusty@clusty.com)

- Open in new window
- Show in clusters
- Toggle preview frame
- Expand clusters

Top 275 results of at least 47,680,000 retrieved for the query [apple](#) ([Details](#))

News

- [Apple drops Samsung joint investment plan](#) (7)
- [Apple Names New Chief Operating Officer](#) (4)

Clusty  
clusty.com

[Official iPod Store](#)

Buy the new iPod, now with videos. Get free engraving & free shipping. [www.apple.com/ipod](http://www.apple.com/ipod)

[Apple](#)

Shop J&R - An **Apple** Authorized Reseller for all your **Apple** items. [www.JR.com](http://www.JR.com)

1. [Apple](#)

... Visit other **Apple** sites around the world: Choose... Asia Australia Austria Belgium Brazil Europe Finland France Germany Hong Kong India Ireland Italy Japan Korea Latin America... [www.apple.com](http://www.apple.com) - [cache] - GigaBlast, MSN, Wisenut, MSN Search, Ask Jeeves, Open Directory

2. [apple-history.com](#)

...Look in the gallery for a description and picture of every **Apple** computer ever made. The topic.....Sorry, this site no longer supports browsers incapable of frames.. [www.apple-history.com](http://www.apple-history.com) - [cache] - Looksmart, Ask Jeeves, MSN, GigaBlast, Open Directory

3. [Apple Developer Connection](#)

... The definitive online catalog of Mac products. Membership Gets You More Join the **Apple** started today. Pre-Release Software Code-Level Support Marketing Services Hardware ...

# Dogpile

*dogpile.com*

- Makes searching the web easier by returning the best results from these leading search engines:

*Google · Yahoo · Ask.com  
About · LookSmart ·*

- Search for audio, images, and multimedia formats

### **Getting results for query: infant GERD**

**AltaVista: 10 references returned**

**Webcrawler: 10 references returned**

**Thunderstone: 8 references returned**

**Lycos: 1 references returned**

**Excite: 10 references returned**

**Infoseek: 10 references returned**

**Looksmart: 0 references returned**

**Finished sending hits ...**


 Web Pages
  Images
  Audio
  Multimedia
  News
  Shopping


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[Preferences](#)  
[Tools & Tips](#)

 Dogpile Searches: [Google](#) • [Yahoo](#) • [Ask Jeeves](#) • [About](#) • [Overture](#) • [Teoma](#) • [Learn More](#)

## Metasearch results for "infant GERD" (1 - 20 of 97)

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [Next >](#)
 Refine Your Results

## - "infant GERD"

- + [Disease](#)
- + [Infants and Children](#)
- + [Disorders](#)
- + [Pediatric](#)
- + [Story](#)
- + [TIPS](#)
- + [Health](#)
- + [Asthma](#)
- [Tucker Sling](#)
- [More...](#)

 View By Relevance
  View By Search Engine

1. [Shae Lynne Brooke ~ Infant Reflux ~ What is GERD?](#)  
 Personal story of an **infant** suffering from a severe case of **infant** reflux disease or **GERD**, includes links for information and support on Gastroesophageal ...  
<http://www.infantrefluxdisease.com/gerdinfo.htm>
2. [Infant Dyschezia](#)  
 Introduction **Infant** dyschezia is one of the childhood functional gastrointestinal disorders defined by the Rome Pediatric Working Group.  
<http://www.aboutkidsgi.org/InfantDyschezia.html>
3. [Gastroesophageal Reflux in Infants](#)  
 Multimedia Tutorial about childhood gastroesophageal reflux written for parents and children...  
<http://galen.med.virginia.edu/~smb4v/tutorials/reflux/ger.ht...>
4. [Tucker Sling Therapeutic Baby Mattress](#)  
 By keeping babies in an inclined position, the Tucker Sling safely alleviates some of the more uncomfortable symptoms of **Gerd**. Visit us online for more on **infant Gerd**. Sponsored by: <http://www.tuckersling.com>
5. [The Tucker Sling](#)  
 Learn about this safe alternative to medicine for **infant** acid reflux. Sponsored by: <http://www.tuckersling.com/>
6. [Shae Lynne Brooke ~ Infant Reflux](#)  
 Within this site you will find out what **infant** reflux is, current treatment options for **infant** reflux disease (**GERD**) , and some wonderful links...  
<http://www.infantrefluxdisease.com/>
7. [Infants with GERD](#)  
 Credit Card Order - Mail Payment. Infants with **GERD**. Most infants occasionally "spit up" or "throw up" after they eat.  
<http://www.restright.com/infants.htm>
8. [Gastroesophageal Reflux Disease \(GERD\) / Heartburn - Lucile ...](#)  
 ... death syndrome). Infants and children with **GERD** who vomit frequently may not gain weight and grow normally. Inflammation (esophagitis ...  
<http://www.lnch.org/DiseaseHealthInfo/HealthLibrary/digest/n>

# Tips and Strategies

- Select one or **two tools** and get to know them well
  - Read the **Help**
  - Try **Advanced Search** options
- Know when **NOT** to search
  - Is it worth your time?
  - Would a phone call to a colleague or librarian be more productive?
  - Is the information you seek likely to be on the web?

# What's on the Web?

- Databases
- E-Journals
- E-Texts
- Daily Health News Services
- Nutrition Information
- Patient Education Materials
- Drug Information



# Search databases to find journal articles

- PubMed [pubmed.gov](http://pubmed.gov)

Search *PubMed* to find citations to articles on nutrition

- FNIC (Food and Nutrition Information Center)  
[www.nal.usda.gov/fnic/databases.html](http://www.nal.usda.gov/fnic/databases.html)

- See *Web Sites for Pediatric Nutritionists* for additional databases

[healthlinks.washington.edu/hsl/liaisons/schnall/pediatricnutritionists.pdf](http://healthlinks.washington.edu/hsl/liaisons/schnall/pediatricnutritionists.pdf)

# PubMed

*pubmed.gov*

- Includes MEDLINE (1950's to present)
- Indexes 5,000 biomedical journals
- Covers all aspects of biosciences and healthcare
- 75% of citations have abstracts
- Updated 5x/week

Search PubMed for fish oil asthma [Go] [Clear]

Limits Preview/Index History Clipboard Details

- To get started, enter one or more search terms.
- Search terms may be [topics](#), [authors](#) or [journals](#).

**Can easily *limit* your search to:**

- Age groups**
- Human or Animal studies**
- Language**
- Review articles**
- Subsets, such as Core Clinical Journals or CAM**

Read the World Bank's Disease Control Priorities Project books on the [NCBI Bookshelf](#)

PubMed is a service of the [U.S. National Library of Medicine](#) that includes over 16 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related

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- Journals
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- MeSH Database
- Single Citation
- Matcher
- Batch Citation
- Matcher
- Clinical Queries
- Special Queries
- LinkOut
- My NCBI

1: [\[No authors listed\]](#)

**Health effects of omega-3 fatty acids on asthma.**

Evid Rep Technol Assess (Summ). 2004 Mar;(91):1-7. Review. No abstract available.  
PMID: 15133885 [PubMed - indexed for MEDLINE]

2: [Stoney RM, Woods RK, Hosking CS, Hill DJ, Abramson MJ, Thien FC.](#)

**Maternal breast milk long-chain n-3 fatty acids are associated with increased risk of atopy in breastfed infants.**

Clin Exp Allergy. 2004 Feb;34(2):194-200.  
PMID: 14987297 [PubMed - indexed for MEDLINE]

3: [Dunstan JA, Mori TA, Barden A, Beilin LJ, Taylor AL, Holt PG, Prescott SL.](#)

**Fish oil supplementation in pregnancy modifies neonatal allergen-specific immune responses and clinical outcomes in infant atopy: a randomized, controlled trial.**

J Allergy Clin Immunol. 2003 Dec;112(6):1178-84.  
PMID: 14657879 [PubMed - indexed for MEDLINE]

4: [Spector SL, Surette ME.](#)

**Diet and asthma: has the role of dietary lipids been overlooked in the management of asthma?**

Ann Allergy Asthma Immunol. 2003 Apr;90(4):371-7; quiz 377-8, 421. Review.  
PMID: 12722956 [PubMed - indexed for MEDLINE]

5: [Sherriff JL.](#)

**Is asthma prevention possible with dietary manipulation?**

Med J Aust. 2003 Mar 17;178(6):303; author reply 303-4. No abstract available.  
PMID: 12633496 [PubMed - indexed for MEDLINE]

6: [More J.](#)

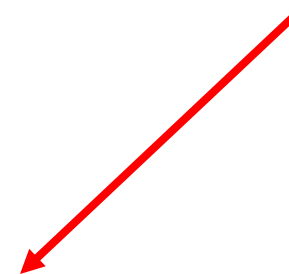
**Long chain polyunsaturated fatty acid levels in chronic illness.**

J Fam Health Care. 2002;12(6 Suppl):3.  
PMID: 12630148 [PubMed - indexed for MEDLINE]

7: [Mihirshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.](#)

**Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS).**

J Allergy Clin Immunol. 2003 Jan;111(1):162-8. Erratum in: J Allergy Clin Immunol. 2003 Apr;111(4):735.  
PMID: 12532113 [PubMed - indexed for MEDLINE]



for    Limits    Display  Show: 20 Sort   1: J Allergy Clin Immunol. 2003 Jan;111(1):162-8.

Erratum in:

- J Allergy Clin Immunol. 2003 Apr;111(4):735



## **Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS).**

Milrshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.

Clinical Epidemiology Unit, The Children's Hospital, Westmead, NSW, Australia.

**BACKGROUND:** Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake with asthma in childhood. However, their role in the etiology of asthma requires a randomized controlled trial. **OBJECTIVE:** We hypothesized that the incidence of asthma and allergy in high-risk children could be reduced by avoidance of HDM allergens, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the results of an intervention trial reporting outcomes assessed at 18 months. **METHODS:** A total of 616 pregnant women were randomized to an HDM avoidance intervention, comprising impermeable mattress covers and an acaricide or control and the use of an oil supplement, margarines, and cooking oils containing high levels of omega-3 fatty acids. Atopic status was measured by skin prick testing. Symptoms, diagnoses, and medication histories were elicited by means of parental interviews. **RESULTS:** The intervention resulted in a 9.8% absolute reduction (95% CI, 1.5-18.1;  $P = .02$ ) in the prevalence of any wheeze and a 7.8% absolute reduction (95% CI, 0.1-15.5) in the prevalence of wheeze of >1 week, but it had no effect on serum IgE, atopy, or doctors' diagnosis of asthma. The HDM avoidance intervention did not affect the prevalence of asthma. It was associated with a lower use of oral steroids. **CONCLUSION:** Increasing dietary omega-3 fatty acids might have a beneficial effect on the prevalence of asthma in the first 18 months of life. Follow-up to age 5 years, when the effect of the interventions on asthma risk will be assessed, is underway.

Publication Types:

- Clinical Trial
- Randomized Controlled Trial

# Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification in the Childhood Asthma Prevention Study (CAPS)

Seema Miharshahi, MPH,<sup>a</sup> Jennifer K. Peat, PhD,<sup>a,b</sup> Guy B. Marks, MBBS, PhD,<sup>c</sup> Craig M. Mellis, MD, PhD,<sup>a,b</sup> Euan R. Tovey, PhD,<sup>c</sup> Karen Webb, PhD,<sup>d</sup> Warwick J. Britton, MB, PhD,<sup>e</sup> and Stephen R. Leeder, MBBS, PhD,<sup>f</sup>  
for the CAPS Team *Westmead and Camperdown, Sydney, Australia*

**Background:** Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake with asthma in childhood. However, definitive evidence of their role in the etiology of asthma requires a randomized controlled trial. **Objective:** We hypothesized that the incidence of asthma and allergy in high-risk children would be reduced by avoidance of HDM allergens, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the results of an interim analysis reporting outcomes assessed at 18 months. **Methods:** A total of 616 pregnant women were randomized to an HDM avoidance intervention, comprising the use of impermeable mattress covers and an acaricide or control and the use of an oil supplement, margarines, and cooking oils containing

the interventions on asthma risk will be assessed, is underway. (*J Allergy Clin Immunol* 2003;111:162-8.)

**Key words:** *Allergen avoidance, asthma, atopy, fatty acids, house dust mite, primary prevention*

The etiology of asthma is thought to be largely environmental. Sensitization to house dust mite (HDM) allergen in childhood is an established modifiable risk factor for asthma attacks, there being a dose-response relation between allergen exposure and risk of current asthma.<sup>1</sup> A reduced intake of fish in the diet is also a risk factor for asthma; case control data indicate that children who do not

1: J Allergy Clin Immunol. 2003 Jan;111(1):162-8.

[Related Articles, Links](#)

Erratum in:

- J Allergy Clin Immunol. 2003 Apr;111(4):735.

ELSEVIER SCIENCE  
FULL-TEXT ARTICLE

UW ARTICLE  
ONLINE

## **Eighteen-month outcomes of house dust mite avoidance and dietary fatty acid modification Childhood Asthma Prevention Study (CAPS).**

**Mihrshahi S, Peat JK, Marks GB, Mellis CM, Tovey ER, Webb K, Britton WJ, Leeder SR; Childhood Asthma Prevention Study.**

Clinical Epidemiology Unit, The Children's Hospital, Westmead, NSW, Australia.


**BACKGROUND:** Observational studies have linked house dust mite (HDM) exposure and dietary fatty acid intake in childhood. However, definitive evidence of their role in the etiology of asthma requires a randomized controlled trial. **OBJECTIVE:** We hypothesized that the incidence of asthma and allergy in high-risk children would be reduced by HDM avoidance, HDM allergens, supplementation with omega-3 fatty acids, or the combination of these strategies. We present the interim analysis reporting outcomes assessed at 18 months. **METHODS:** A total of 616 pregnant women were randomized to HDM avoidance intervention, comprising the use of impermeable mattress covers and an acaricide or control, or a fish oil supplement, margarines, and cooking oils containing high levels of omega-3 fatty acids or control. Atopic sensitization was measured by skin prick testing. Symptoms, diagnoses, and medication histories were elicited by means of parent interviews. **RESULTS:** The diet intervention resulted in a 9.8% absolute reduction (95% CI, 1.5-18.1;  $P = .02$ ) in the prevalence of wheeze and a 7.8% absolute reduction (95% CI, 0.5-15.1,  $P = .04$ ) in prevalence of wheeze of >1 week, but it did not affect serum IgE, atopy, or doctors' diagnosis of asthma. The HDM avoidance intervention did not affect these outcomes but was associated with a lower use of oral steroids. **CONCLUSION:** Increasing dietary omega-3 fatty acids might have had a beneficial effect on the prevalence of wheeze during the first 18 months of life. Follow-up to age 5 years, when the effect of the interventions on asthma risk will be assessed, is underway.


# Advantages of *PubMed*

- **Free**
- **Links** to publisher's sites for full-text journals
- Or, can **order** full-text journal articles
- **Clinical Queries** and **Systematic Reviews** sections limit retrieval to evidence-based citations

## PubMed at the UW

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?holding=uw>

To watch the instructional video clips (see  VIDEO below) RealOne player is required ([download free player](#))


PubMed provides access to all of MEDLINE back to the mid-1960's and to additional life sciences journals. Updated daily.  VIDEO

## Basic Search Techniques VIDEO

### Step 1: Enter your terms

Search PubMed for

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Type any key word or phrase into the search box as shown above. Use an asterisk (\*) to retrieve variations on a word, e.g., *bacter\** retrieves *bacteria*, *bacterium*, *bacteriophage*, etc.  VIDEO



- **For a Subject Search:** Enter one or more words (e.g., *asthma drug therapy*) in the **query box** and click on **Go**. PubMed automatically combines (**ANDs**) terms together so that all terms or concepts are present and “translates” your words into MeSH terms.
- **For an Author Search:** Enter the author's name in the format of last name first followed by initials (e.g., *byrnes ca*).
- **For a Journal Search:** To retrieve articles from a specific journal use *PubMed's Journals Database* or *Single Citation Matcher* features (available from the left

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## Instructional Video Clips

- [Introduction](#) (1:54)
- [Basic search](#) (0:40)
- [Truncation](#) (0:15)
- [Limits](#) (3:14)
- [Viewing results](#) (2:28)
- [Connecting to fulltext](#) (3:44)
- [Printing and saving](#) (1:31)
- [Ordering articles](#) (2:13)
- [Documenting your search strategy](#) (0:31)
- [Related Articles](#) (0:50)
- [Clipboard](#) (1:42)
- [History](#) (2:12)
- [Single citation matcher](#) (0:30)
- [Clinical queries](#) (2:46)
- [MeSH Browser](#) (3:04)
- [Additional Help](#) (0:28)

# Obtaining E-Journals

- Check with your work or public library for access to full-text e-journals
- For UW Affiliates: use the Proxy service to access full-text e-journals from off-campus  
*[healthlinks.washington.edu/howto/connect](http://healthlinks.washington.edu/howto/connect)*

# Open Access Journal Sites

## ➤ BioMed Central



[www.biomedcentral.com](http://www.biomedcentral.com)

- Independent publishing house providing immediate free access to peer-reviewed biomedical research
- Includes *BMC Pediatrics*, *Nutrition Journal*, etc.

## ➤ PubMed Central



[pubmedcentral.gov](http://pubmedcentral.gov)

- National Library of Medicine's free digital archive of biomedical and life sciences journal literature

# Additional Free Full-Text Journal Sites

- Free Medical Journals

*[www.freemedicaljournals.com](http://www.freemedicaljournals.com)*

- Highwire Press

*[highwire.stanford.edu](http://highwire.stanford.edu)*

# Order Articles Online for a Fee

- Document Services/University of Washington  
<https://healthlinks.washington.edu/hsl/docservices/services.html>
- Loansome Doc  
<https://healthlinks.washington.edu/hsl/docservices/lds-na.html>
  - Allows you to order full-text articles while searching *PubMed*

# E-Journals: Abstracts

- Many journals have free access to abstracts, but paid subscriptions to full-text articles:
  - **American Journal of Clinical Nutrition**  
[www.ajcn.org](http://www.ajcn.org)
  - **Journal of Nutrition** [jn.nutrition.org](http://jn.nutrition.org)
  - **Journal of the American Dietetic Association**  
[www.adajournal.org](http://www.adajournal.org)
  - **Nutrition Reviews**  
[www.ingentaconnect.com/content/ilsi/nure](http://www.ingentaconnect.com/content/ilsi/nure)

# FNIC Databases

[www.nal.usda.gov/fnic/databases.html](http://www.nal.usda.gov/fnic/databases.html)

- Food Stamp Nutrition Connection
- FSRIO: food safety
- Healthy School Meals
- International Bibliographic Information on Dietary Supplements Database (IBIDS)
- Native American Nutrition Information
- WIC Databases

# International Bibliographic Information on Dietary Supplements Database (IBIDS)

- [ods.od.nih.gov/Health\\_Information/IBIDS.aspx](https://ods.od.nih.gov/Health_Information/IBIDS.aspx)
- Provides access to bibliographic citations and abstracts from published, international, and scientific literature on dietary supplements
- Choose to search the **Full IBIDS Database**, a subset of **Consumer Citations Only** or **Peer Reviewed Citations Only**

Use these commands to move around the IBIDS database, NOT your browser buttons

Select Database

New Search

Search History

Keyword List

Help

Journal List

Exit



Please click Exit when your searches are completed



Full IBIDS Database (1 - 10)



Records are displayed in groups of 10 unless a greater number is specified in Advanced Search



Jump to: 1 [11](#) [2](#)

Click on "Save" icon to select records. Then click on "E-mail" to send them to your personal inbox. Click on "E-mail" icon to display complete citation

- 


1. **Effectiveness of zinc gluconate glycine lozenges (Cold-Eeze) against the common cold in school-aged subjects: a retrospective chart review.**  
*Author(s):* McElroy, B H; Miller, S P  
*Journal:* Am-J-Ther. 2002 Nov-Dec; 9(6): 472-5; 1075-2765
- 


2. **Restorative pulpal and repair responses.**  
*Author(s):* Murray, P E; About, I; Franquin, J C; Remusat, M; Smith, A J  
*Journal:* J-Am-Dent-Assoc. 2001 Apr; 132(4): 482-91; 0002-8177
- 


3. **Aluminum, boron, calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, sodium, and zinc: concentrations in common western foods and estimated intakes by infants; toddlers; and male and female adolescents, adults, and seniors in the United States.**  
*Author(s):* Hunt, C D; Meacham, S L  
*Journal:* J-Am-Diet-Assoc. 2001 Sep; 101(9): 1058-60; 0002-8223
- 


4. **Relationship of ascorbic acid to blood lead levels.**  
*Author(s):* Simon, J A; Hudes, E S  
*Journal:* JAMA. 1999 Jun 23-30; 281(24): 2289-93; 0098-7484



# What is evidence-based practice?

- Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.
- The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.

Sackett DL et al. *Evidence based medicine: what it is and what it isn't.* BMJ 1996 Jan 13; 312 (7023): 71-2.

# Evidence-Based Dietetics Practice

- Evidence-based practice in all areas of dietetics practice is an ideal.
- Dietitians make it a reality by actively developing and using practice guidelines, protocols, and other guides for practice that foster 'state-of-the-science and state-of-the-art' care and service.
- Guides for practice are created utilizing a systematic approach for ensuring recommendations grounded in scientific evidence.

Splett, PL. *Developing and Validating Evidence-Based Guides for Practice*. Chicago, IL: American Dietetic Association, 2000.

# ADA Evidence Analysis Library

[www.adaevidencelibrary.com](http://www.adaevidencelibrary.com)

- Summaries of best available research on dietetics and nutrition
- Free to ADA members
- Includes 400+ evidence summaries and evidence grades of conclusion
- Also contains evidence-based guidelines
  - Ex. *Evidence-Based Pediatric Weight Management Nutrition Practice Guideline*

# More EBP and Guidelines Resources

- PubMed Clinical Queries/Systematic Reviews  
[www.ncbi.nlm.nih.gov/entrez/query/static/clinical.shtml](http://www.ncbi.nlm.nih.gov/entrez/query/static/clinical.shtml)
- Cochrane Library (fee): gold standard  
[www.cochrane.org](http://www.cochrane.org)
- National Guideline Clearinghouse  
[guideline.gov](http://guideline.gov)
- TRIP (Turning Research into Practice)  
[www.tripdatabase.com](http://www.tripdatabase.com)

# PubMed Strategies for Evidence-Based Citations

## ➤ *PubMed* Limits

- Randomized Controlled Trial
- Meta-Analysis
- Practice Guideline
- Clinical Trial

## ➤ *PubMed* Clinical Queries and Systematic Reviews

# PubMed Limits

PubMed National Library of Medicine NLM

PubMed Nucleotide Protein Genome Structure

for obesity American Indian Go Clear

**Limits** Preview/Index History Clipboard Details

Limit your search by any of the following criteria.

**Languages** CLEAR

- English
- French
- German
- Italian
- Japanese
- Russian
- Spanish

*More Languages*

- Afrikaans
- Albanian

**Subsets** CLEAR

*Topics*

- AIDS
- Bioethics
- Cancer
- Complementary Medicine
- History of Medicine
- Space Life Sciences
- Systematic Reviews
- Toxicology

*Journal Groups*

**Type of Article** CLEAR

- Clinical Trial
- Editorial
- Letter
- Meta-Analysis
- Practice Guideline
- Randomized Controlled Trial
- Review

*More Publication Types*

- Addresses
- Bibliography

**Ages** CLEAR

- All Infant: birth-23 months
- All Child: 0-18 years
- All Adult: 19+ years
- Newborn: birth-1 month
- Infant: 1-23 months
- Preschool Child: 2-5 years
- Child: 6-12 years
- Adolescent: 13-18 years
- Adult: 19-44 years
- Middle Aged: 45-64 years

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This page provides the following specialized PubMed searches for clinicians:

- [Search by Clinical Study Category](#)
- [Find Systematic Reviews](#)
- [Medical Genetics Searches](#)

After running one of these searches, you may further refine your results using PubMed's [Limits](#) feature.

Results of searches on these pages are limited to specific clinical research areas. For comprehensive searches, use [PubMed](#) directly.

## Search by Clinical Study Category

This search finds citations that correspond to a specific clinical study category. The search may be either broad and sensitive or narrow. The search filters are based on the work of [Haynes RB et al.](#) See the [filter table](#) for details.

Search

obesity American Indians



Category	Scope
<input type="radio"/> etiology	<input checked="" type="radio"/> narrow, specific search
<input type="radio"/> diagnosis	<input type="radio"/> broad, sensitive search
<input checked="" type="radio"/> therapy	
<input type="radio"/> prognosis	

## Find Systematic Reviews

For your topic(s) of interest, this search finds citations for systematic reviews, meta-analyses, reviews of clinical trials, evidence-based consensus development conferences, and guidelines.

For more information, see [Help](#). See also [related sources](#) for systematic review searching.

Search

obesity american indians



## Medical Genetics Searches






for (obesity American Indians) AND (randomized cor)   [Save Search](#)

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Display Summary  Sort

All: 16 Review: 0

Items 1 - 16 of 16

- 1:** [Lohman T, Thompson J, Going S, Himes JH, Caballero B, Norman J, Cano S, Ring K.](#) Re  
 Indices of changes in adiposity in American Indian children.  
 Prev Med. 2003 Dec;37(6 Pt 2):S91-6.  
 PMID: 14636813 [PubMed - indexed for MEDLINE]
  
- 2:** [Stevens J, Story M, Ring K, Murray DM, Cornell CE, Juhaeri, Gittelsohn J.](#) Re   
 The impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American schoolchildren.  
 Prev Med. 2003 Dec;37(6 Pt 2):S70-9.  
 PMID: 14636811 [PubMed - indexed for MEDLINE]
  
- 3:** [Going S, Thompson J, Cano S, Stewart D, Stone E, Harnack L, Hastings C, Norman J, Corbin C.](#) Re  
 The effects of the Pathways Obesity Prevention Program on physical activity in American Indian children.  
 Prev Med. 2003 Dec;37(6 Pt 2):S62-9.  
 PMID: 14636810 [PubMed - indexed for MEDLINE]
  
- 4:** [Himes JH, Ring K, Gittelsohn J, Cunningham-Sabo L, Weber J, Thompson J, Harnack L, Suchindran C.](#) Re  
 Impact of the Pathways intervention on dietary intakes of American Indian schoolchildren.  
 Prev Med. 2003 Dec;37(6 Pt 2):S55-61.  
 PMID: 14636809 [PubMed - indexed for MEDLINE]
  
- 5:** [Story M, Snyder MP, Anliker J, Weber JL, Cunningham-Sabo L, Stone EJ, Chamberlain A, Ethelbah B, Suchindran C, Ring K.](#) Re

## The impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American Indian schoolchildren.

[Stevens J](#), [Story M](#), [Ring K](#), [Murray DM](#), [Cornell CE](#), [Juhaeri](#), [Gittelsohn J](#).

Department of Nutrition, School of Public Health, University of North Carolina, Chapel Hill, NC 27599-7400, USA. June\_Steven

**BACKGROUND:** The purpose of this study was to examine the impact of the Pathways intervention on psychosocial variables related to diet and physical activity in American Indian children. **METHODS:** Schools serving American Indian children were randomized to a multicomponent intervention or control condition. At baseline (fall of third grade) and in the spring semester of third, fourth, and fifth grades, 755 boys and 692 girls completed a classroom-administered questionnaire. The questionnaire assessed self-efficacy, knowledge, behavioral intentions related to diet and physical activity, as well as weight loss behaviors and body image. **RESULTS:** Knowledge of healthy foods and physical activity messages increased in both boys and girls in the intervention group compared to controls; however, knowledge that foods contained more fat did not increase consistently. Compared to controls, self-efficacy to be physically active increased among girls in intervention schools, but not among boys, whereas self-efficacy to make more healthy food choices did not increase more than in controls in either gender. In the intervention group, compared to controls, healthy food intentions and participation in physically active behaviors increased in both boys and girls. Perception of healthy body size and weight loss attempts did not differ in the intervention and control groups. **CONCLUSION:** The Pathways intervention program had a positive impact on several aspects of obesity-related knowledge and behaviors.

Publication Types:

- [Clinical Trial](#)
- [Randomized Controlled Trial](#)

PMID: 14636811 [PubMed - indexed for MEDLINE]

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#### [Review] Dietary interventions for recurrent abdominal pain (RAP) in childhood

[PDF](#) (Size 340K)

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#### [Review] Dietary interventions for recurrent abdominal pain (RAP) in childhood

A Huertas-Ceballos, C Macarthur, S Logan

*The Cochrane Database of Systematic Reviews* 2005 Issue 2

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DOI: 10.1002/14651858.CD003019 This version first published online: 22 April 2002 in Issue 2, 2002

Date of Most Recent Substantive Amendment: 26 February 2002

This record should be cited as: Huertas-Ceballos A, Macarthur C, Logan S. Dietary interventions for recurrent abdominal pain (RAP) in childhood. *Cochrane Database of Systematic Reviews* 2002, Issue 2. Art. No.: CD003019. DOI: 10.1002/14651858.CD003019.

#### Abstract

#### Background

Between 4% and 25% of school-age children complain of recurrent abdominal pain (RAP) of sufficient severity to interfere with daily activities. RAP includes children with different aetiologies for their pain. For the majority of such children, no organic cause for their pain can be found on investigation. Children are likely managed by reassurance and simple measures, a large range of interventions have been recommended.

#### Objectives

To determine the effectiveness of dietary interventions for recurrent abdominal pain in school-age children.

#### Search strategy

The Cochrane Library (CENTRAL), MEDLINE, EMBASE, CINAHL, ERIC, PsycINFO, LILACS and JICST were searched using a strategy of (Dietary OR synonyms) AND (Pain OR synonyms). Where appropriate, search filters were employed. In addition, researchers working in this area were contacted.

#### Selection criteria

Any study in which the majority of participants were school-age children fulfilling standard criteria for RAP, and who were allocated by randomisation to treatment compared with a placebo or no treatment, were selected.

**Search**

nutrition and diabetes

20 Results ▾

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[Look for practical, ready-to-use tools for measuring and improving the quality of care in the Agency for Healthcare Research and Quality's \(AHRQ's\) QualityTools Web site.](#)

[Look for Quality Measures in AHRQ's National Quality Measures Clearinghouse \(NQMC\).](#)

[Subscribe to the NGC Weekly E-mail Update Service.](#)

- [Inpatient management guidelines for people with diabetes.](#) American Healthways, Inc - Profit Organization. 1999 (revised 2002 Mar). 18 pages. NGC:002443
- [Summary of policy recommendations for periodic health examinations.](#) American Academy of Physicians - Medical Specialty Society. 1996 Nov (revised 2003 Aug). 13 pages. NGC:002443
- [Chronic kidney disease \(non-dialysis\) medical nutrition therapy protocol.](#) American Dietetic Association - Professional Association. 2002 May. Various pagings. NGC:002519
- [Diabetes nutrition recommendations for health care institutions.](#) American Diabetes Association - Professional Association. 1996 Aug (reviewed 1997; republished 2004 Jan). 3 pages. NGC:002519
- [American Gastroenterological Association medical position statement: nonalcoholic fatty liver disease.](#) American Association for the Study of Liver Diseases - Private Nonprofit Research Organization  
American Gastroenterological Association - Medical Specialty Society. 2002 Nov. 3 pages. NGC:002717
- [Clinical practice guideline for the management of cataract among adults.](#) Family Medicine Group, UP-PGH - Academic Institution  
Philippine Academy of Ophthalmology - Medical Specialty Society. 2001. 27 pages. NGC:002717
- [Evidence-based protocol. Exercise promotion: walking in elders.](#) University of Iowa Gerontology Nursing Interventions Research Center, Research Dissemination Core - Academic Institution  
Feb. 53 pages. NGC:002300
- [Preventive counseling and education.](#) Institute for Clinical Systems Improvement - Private Organization. 1995 May (revised 2003 Jul). 69 pages. NGC:003202
- [Prevention and treatment of type 2 diabetes mellitus in children, with special emphasis on Indian and Alaska Native children.](#) American Academy of Pediatrics - Medical Specialty Society  
2003 Oct. 20 pages. NGC:003256

## Brief Summary

### GUIDELINE TITLE

Prevention and treatment of type 2 **diabetes** mellitus in children, with special emphasis on American Indian Native children.

### BIBLIOGRAPHIC SOURCE(S)

Gahagan S, Silverstein J. Prevention and treatment of type 2 **diabetes** mellitus in children, with special emphasis on American Indian and Alaska Native children. American Academy of Pediatrics Committee on Native American Child Health. Pediatrics 2000;105(4):e328-e347. [137 references]

## BRIEF SUMMARY CONTENT

[RECOMMENDATIONS](#)

[EVIDENCE SUPPORTING THE RECOMMENDATIONS](#)

[IDENTIFYING INFORMATION AND AVAILABILITY](#)

[Go to the Complete Summary](#)

## RECOMMENDATIONS

### MAJOR RECOMMENDATIONS

#### Primary and Secondary Prevention

Prevention must take highest priority and should focus on decreasing the risk, incidence, and consequences of type 2 **diabetes** mellitus among American Indian/Alaska Native (AI/AN) children. Primary prevention efforts by primary health care professionals are recommended in 2 arenas: 1) general community health promotion and health education and 2) clinically based activity-based health promotion activities should not duplicate community-wide health promotion but instead should offer additional services. When type 2 **diabetes** mellitus is the established diagnosis, secondary prevention efforts by primary health care professionals are important for the prevention of complications (e.g., vascular, neural, renal, retinal). Early diagnosis and optimal medical management are keys to effective secondary prevention.

To be effective, prevention efforts need a strong community base and acceptance. Current evidence suggests that major risk factors for type 2 **diabetes** mellitus include obesity and lack of breastfeeding. Primary prevention efforts can focus on the prevention of obesity in children and the promotion of breastfeeding. Preventing obesity in women of childbearing age is another primary prevention goal, because exposure to the environment of a diabetic pregnancy places the fetus at increased risk of future **diabetes**.

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Compare Guidelines

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## Guideline Comparison

	Am Acad Child Adolesc Psychiatr 1997 Feb 14	Am Acad Pediatr 2000 May
<b>TITLE:</b>	<a href="#">Practice parameters for the assessment and treatment of children, adolescents, and adults with attention-deficit/hyperactivity disorder.</a>	<a href="#">Clinical practice guideline: Diagnosis and evaluation of the child with attention-deficit/hyperactivity disorder.</a>
<b>ADAPTATION:</b>	Not applicable: The guideline was not adapted from another source.	Not applicable: Guideline was not adapted from another source.
<b>LENGTH:</b>	37 pages	13 pages
<b>DEVELOPER(S):</b>	American Academy of Child and Adolescent Psychiatry - Medical Specialty Society	American Academy of Pediatrics - Medical Specialty Society
<b>FUNDING SOURCE:</b>	Not stated	American Academy of Pediatrics (AAP)
<b>RATING SCHEME:</b>	The validity of scientific findings was judged by design, sample selection and size, inclusion of comparison groups, generalizability, and agreement with other studies.	Not applicable
<b>METHODS TO ANALYZE EVIDENCE:</b>	Review	Systematic Review with Evidence Tables
<b>VIEW MAJOR RECOMMENDATIONS:</b>	<a href="#">View Major Recommendations</a>	<a href="#">View Major Recommendations</a>
<b>AVAILABILITY OF FULL TEXT:</b>	<a href="#">View Availability Information</a>	<a href="#">View Full-text Guideline</a>

# TRIP Database

[www.tripdatabase.com](http://www.tripdatabase.com)

- Metasearch engine
- Performs a simple search of more than 75 databases
- Finds evidence based resources
- Searches *Cochrane*, *National Guideline Clearinghouse*, *Bandolier*, etc.

# TRIP search

The screenshot shows the TRIP database search results for the query 'pressure ulcers prevention'. The page features a search bar at the top right with the text 'pressure ulcers prevention' and a 'Search' button. Below the search bar is a navigation menu with links for 'Home', 'About Us', 'EBM Links', 'My Trip', 'Trip Blog', and 'Contact Us'. The main content area is divided into two columns. The left column displays search results, including a list of records with titles like 'Randomised, controlled trial of alternating pressure mattresses compared with alternating pressure overlays for the prevention of pressure ulcers: PRESSURE (pressure relieving support surfaces) trial.' and 'Pressure ulcer prevention'. The right column is titled 'Filter by:' and contains a list of filters with corresponding counts, such as 'Evidence Based Synopses' (48), 'Clinical Questions' (10), 'Systematic Reviews' (91), 'Guidelines' (90), 'Core Primary Research' (11), 'E-Textbooks' (906), 'Clinical Calculators' (0), 'Medline Articles: Therapy' (100), 'Diagnosis' (24), 'Systematic Reviews' (172), 'Prognosis' (46), and 'Etiology' (74). A red circle highlights the 'Filter by:' section.

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Turning Research Into Practice

pressure ulcers prevention Search

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**Randomised, controlled trial of alternating pressure mattresses compared with alternating pressure overlays for the prevention of pressure ulcers: PRESSURE (pressure relieving support surfaces) trial.**  
BMJ, 2006

**Pressure ulcer prevention**  
NHS Quality Improvement Scotland, 2005

**Support surfaces for pressure ulcer prevention**  
Cochrane Database of Systematic Reviews, 2004

**Prevention of pressure ulcers.**  
National Guideline Clearinghouse (USA), 2002

**Prediction and prevention of pressure ulcers in adults.**  
National Guideline Clearinghouse (USA), 2001

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# Arbor Clinical Nutrition Updates

*[www.nutritionupdates.org](http://www.nutritionupdates.org)*

- Free evidence based electronic nutrition journal
- Summarizes recent clinical research papers
- Adds commentaries

# Health News

➤ CNN Health

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➤ New York Times Health

*[nytimes.com/pages/health](http://nytimes.com/pages/health)*

➤ USA Today Health

*[www.usatoday.com/news/health/front.htm](http://www.usatoday.com/news/health/front.htm)*

➤ Yahoo! News

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EXPLORE

## Lunchables may be munchable -- but study warns of salt

March 16, 1997

Web posted at: 10:55 p.m. EST (0355 GMT)

From Correspondent Al Hinman



Mmm, mmm . . . good! (CNN)

ANAHEIM, California (CNN) -- Medical researchers are issuing a dietary warning about Lunchables, a convenience food marketed as a complete meal that's popular with children.

The problem, in a word, is salt, according to a study being released at the American College of Cardiologists annual conference.

Some Lunchables, with meat, cheese, crackers and even a desert, contain nearly three-fourths of the recommended daily salt allowance, said Dr. [Clarence Grim](#), a high blood pressure specialist at the Medical College of Wisconsin.

The packages should carry a warning label, he said.



"We think this is junk being fed to our kids. I call it a blood pressure

# Nutrition Web Sites

- American Dietetic Association [eatright.org](http://eatright.org)
- Assuring Pediatric Nutrition Care in the Community [depts.washington.edu/nutrpeds](http://depts.washington.edu/nutrpeds)
- Food and Nutrition Information Center [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
- Food and Nutrition Service [www.fns.usda.gov/fns](http://www.fns.usda.gov/fns)
- Nutrition.gov [www.nutrition.gov](http://www.nutrition.gov)



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Reaffirmed; an update will be published in 2007.
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Service tools for maternal and child nutrition providers.



**Food Stamp Nutrition Connection (FSNC)**  
Resources for nutrition educators.



**International Bibliographic Information on Dietary Supplements (IBIDS) Database**



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- ▶ [Surveys, Reports and Research](#)
- ▶ [Professional and Career Resources](#)

You are here: [Home](#) / [Resource Lists](#)

## Resource Lists



FNIC Resource Lists help nutrition professionals and consumers locate information and materials for specific nutrition topics. Compiled by Nutrition Information Specialists, the lists provide resources in a variety of formats including articles, pamphlets, books, audio-visuals, and website links.

On This Page ...

### Child Nutrition and Health

- [Food and Nutrition Fun for Children 2002](#)
- [Food and Nutrition Resource List for Childcare and Preschool Staff 2004 \(PDF|159 KB\)](#)
- [Infant Nutrition and Feeding Resource List 2006 \(PDF|99 KB\)](#)
- [Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers 2007 \(PDF|72 KB\)](#)
- [Nutrition, Learning and Behavior in Children: A Resource List for Professionals 2007 \(PDF|216 KB\)](#)
- [Reading Readiness Resource List 2002](#)

### Ethnic/Cultural

- [Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators 2001](#)
- [Holiday Food and Nutrition Resources 2002](#)
- [Native American Nutrition Education Database: A Resource List for Educators 2006](#)

### Food Allergies

- [Resource List on Food Allergies and Intolerances 2002](#)

### I Want To...

- [Ask a Question](#)
- [Request Library Materials](#)

### See Also

- [Food Stamp Nutrition Connection \(FSNC\) Recipe Finder](#)
- [WIC Works State Developed Materials](#)



### Consumer Corner

#### Media Help

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You are here: [Home](#) / [Dietary Guidance](#) / [Dietary Guidelines](#)

## Dietary Guidance

### Search FNIC

- Search all USDA
- Advanced Search
- Search Tips


### Browse by Audience

Information for...

### Browse by Subject

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- Lifecycle Nutrition
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- Professional and Career Resources


### Dietary Guidelines



Includes links to publications and educational materials and ordering information. Looking for old versions of the Dietary Guidelines for Americans? Find them here, along with information about the development of the guidelines over the years.

On this page...

### Dietary Guidelines for Americans 2005



**Dietary Guidelines for Americans 2005**  
*Department of Health and Human Services.*  
Provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

- [Dietary Guidelines for Americans 2005](#). Also in PDF|4.8 MB.
- [Executive Summary](#). Also in PDF|88 KB. Also in Spanish.
- [Consumer Brochure](#). Also in PDF|229 KB.
- [Key Recommendations](#)
- [Toolkit for Professionals](#)

### Ordering Information

- Dietary Guidelines for Americans 2005** (\$12.00 each or packages of 25 for \$106.00)  
To purchase printed copies of this 80-page report (Stock Number 001-000-04719-1), call the U.S. Government Printing Office toll-free at (866) 512-1800, or access the GPO Online Bookstore at <http://bookstore.gpo.gov>.

### Dietary Guidance

- Dietary Assessment
- Dietary Guidelines**
- Dietary Reference Intakes
- Fruits & Veggies—More Matters™ and 5 A Day
- Food Guide Pyramid
- Fraud and Nutrition Misinformation
- General Nutrition and Health Information
- Interactive Tools

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# Food Composition

- Search all USDA
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## Browse by Subject

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- Dietary Supplements
- Nutrition Assistance Programs
- Surveys, Reports and Research
- Professional and Career Resources

## USDA Nutrient Data Laboratory



### USDA Nutrient Data Laboratory (NDL)

USDA. *Agricultural Research Service.*

Home page for NDL, responsible for developing USDA's National Nutrient Database for Standard Reference, the foundation of most food and nutrition databases in the US, used in food policy, research and nutrition monitoring.

- Online searchable database of foods.
- [USDA National Nutrient Database for Standard Reference - Release 19](#)
- [Download software](#) to search the SR 19 database on a Window (PC or Handheld Personal Digital Assistant PDA).
- [Reports by Single Nutrients](#)  
Reports are sorted by nutrient content of selected foods in alphabetical order, or in descending order by nutrient content.
- [Frequently Asked Questions](#)
- [Glossary - Acronyms and Documentation Terms](#)
- [Dietary Supplement Ingredient Database \(DSID\)](#)

### USDA National Nutrient Database for Standard Reference, Release 18 Nutrient Lists -Reports by Single Nutrients

USDA. *ARS. Nutrient Data Laboratory.*

Reports of selected food items and nutrients, sorted either by food description or in descending order by nutrient content in terms of common household measures. Single nutrients include protein, fat, energy (calories) carbohydrate, fiber, sugar, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, vitamin A, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, folate, cholesterol, fatty acids and various phytonutrients and antioxidants.

### Nutritive Value of Foods, Home and Garden Bulletin No. 72 (HG-72)

USDA. *ARS. Nutrient Data Laboratory.*

Contains data on over 1,274 foods expressed in terms of common household units. The 19 nutrients in the table are water; calories; protein; total fat; saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; total dietary fiber; calcium; iron; potassium; sodium; vitamin A; thiamin; riboflavin; niacin; and ascorbic acid. This edition was developed using data from Release 13 of the USDA National Nutrient

## Food Composition

### USDA Nutrient Data Laboratory

- **Agricultural Research Service (ARS) Food Surveys Research Group**
- **Individual Macronutrients, Phytonutrients, Vitamins & Minerals**
- **International Food Composition Resources**
- **Food FYI**
- **Additional Resources**

## Media Help

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To view Flash files you must have [Macromedia Flash Player](#) installed on your computer.

# Avocados, raw, California

Scientific Name: *Persea americana*

NDB No: 09038

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	72.33	33	2.17
Energy	kcal	167	0	0
Energy	kj	697	0	0
Protein	g	1.96	30	0.158
Total lipid (fat)	g	15.41	31	0.63
Ash	g	1.66	30	0.138
Carbohydrate, by difference	g	8.64	0	0
Fiber, total dietary	g	6.8	21	1.014
Sugars, total	g	0.30	11	0.098
Sucrose	g	0.06	9	0.043
Glucose (dextrose)	g	0.08	9	0.035
Fructose	g	0.08	9	0.019
Lactose	g	0.00	9	0
Maltose	g	0.00	9	0



# Nutritive Value of Foods

United States  
Department of  
Agriculture

Agricultural  
Research  
Service

Home and  
Garden Bulletin  
Number 72



**Table 9. Nutritive Value of the Edible Part of Food**

Food No.	Food Description	Measure of edible portion	Weight (g)	Water (%)	Calories (kcal)	Protein (g)	Total fat (g)	Fatty acids	
								Saturated (g)	Mono-unsaturated (g)
<b>Fruits and Fruit Juices (continued)</b>									
	Avocados, raw, without skin and seed								
278	California (about 1/5 whole)....	1 oz .....	28	73	50	1	5	0.7	3.2
279	Florida (about 1/10 whole) .....	1 oz .....	28	80	32	Tr	3	0.5	1.4
	Bananas, raw								
280	Whole, medium (7" to 7 7/8" long).....	1 banana .....	118	74	109	1	1	0.2	Tr
281	Sliced .....	1 cup .....	150	74	138	2	1	0.3	0.1
282	Blackberries, raw .....	1 cup .....	144	86	75	1	1	Tr	0.1
	Blueberries								
283	Raw .....	1 cup .....	145	85	81	1	1	Tr	0.1
284	Frozen, sweetened, thawed ....	1 cup .....	230	77	186	1	Tr	Tr	Tr
	Cantaloupe. See Melons.								
	Carambola (starfruit), raw								
285	Whole (3 5/8" long).....	1 fruit.....	91	91	30	Tr	Tr	Tr	Tr
286	Sliced .....	1 cup .....	108	91	36	1	Tr	Tr	Tr
	Cherries								
287	Sour, red, pitted, canned, water pack.....	1 cup .....	244	90	88	2	Tr	0.1	0.1
288	Sweet, raw, without pits and stems.....	10 cherries.....	68	81	49	1	1	0.1	0.2
289	Cherry pie filling, canned .....	1/5 of 21-oz can ....	74	71	85	Tr	Tr	Tr	Tr
290	Cranberries, dried, sweetened...	1/4 cup.....	28	12	92	Tr	Tr	Tr	Tr
291	Cranberry sauce, sweetened, canned (about 8 slices per can).....	1 slice .....	57	61	86	Tr	Tr	Tr	Tr
	Dates, without pits								

You are here: [Home](#) / [Dietary Supplements](#)

## Dietary Supplements

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- ▶ [Nutrition Assistance Programs](#)
- ▶ [Surveys, Reports and Research](#)
- ▶ [Professional and Career Resources](#)

### 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

### I Want To...

- [See Nutrient Recommendations by Age and Gender](#)
- [Find Dietary Supplement Fact Sheets](#)
- [Find Herbal and Dietary Supplement Resource Lists](#)

### Dietary Supplements

- [General Information and Resources](#)
- [Regulations, Reports and Warnings](#)
- [Individual Macronutrients, Phytonutrients, Vitamins & Minerals](#)
- [Herbal Information](#)
- [IBIDS](#)
- [Ergogenic Aids](#)
- [Alternative Medicine](#)

# Food and Nutrition Information Center [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

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You are here: [Home](#) / [Databases](#)

## Databases

### Non-FNIC Databases

Find on-line searchable databases such as as AGRICOLA and PubMed from Federal government agencies, scientific literature and bibliographic databases such as ERIC, databases offered by colleges and universities and more.

### FNIC Databases

FNIC and its special project websites, the Food Stamp Nutrition Connection (FSNC), the Healthy Meals Resource System (HMRS), and WIC Works Resource System (WWRS), maintain databases of nutrition education materials. There is also a small Native American Education Database, and databases available from the International Bibliographic Information on Dietary Supplements (IBIDS) and the Food Safety Research Information Office (FSRIO).

### Search Individual Databases



- **WIC Works Education and Training Materials Database**
- **Food Stamp Nutrition Connection Resource Finder Database**
- **Healthy Meals Resource System Resource Cafe' Database**
- **Native American Nutrition Education Database**
- **Food Safety Research Information Office Research Projects Database**
- **IBIDS - International Bibliographic Information on Dietary Supplements Database**

### I Want To...

- [Ask a Question](#)

### Databases

- **Non-FNIC Databases**
  - **Food Safety Research Information Office Database**
  - **Food Stamp Nutrition Connection Database**
  - **Healthy Meals Resource System Database**
  - **IBIDS Database**
  - **Native American Nutrition Education Database**
  - **WIC Works Database**



### See Also

- [AGRICOLA](#)
- [PubMed](#)

Search Nutrition.gov

Go

- [Advanced Search](#)
- [Search Tips](#)

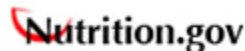
Browse by Audience

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Browse by Subject

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- ▶ [Weight Management](#)
- ▶ [Shopping, Cooking & Meal Planning](#)
- ▶ [Nutrition and Health Issues](#)
- ▶ [Dietary Supplements](#)
- ▶ [Food Assistance Programs](#)

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More

Providing easy, online access to government information on food and human nutrition for consumers.

A service of the National Agricultural Library, U.S. Department of Agriculture

In the News

More



**Tips for a Healthy Life for Men**

For Men's Health Week ~ June 11-17 and Father's Day, and for every day, learn more about living healthier, starting with the web page from [CDC](#).



**Insidious Consumption**

Find out surprising factors that influence what we eat and how much in a new [USDA Economic Research Service \(ERS\)](#) article. You can also listen online (MP3) or [download a podcast](#).



**Outdoor Eating Food Safety Tips**

Protect yourself, your family, and friends from foodborne illness. Keep in mind these tips from the [FDA](#) when preparing, storing, and cooking food for picnics and barbecues.



**Weight Loss Study Focuses on Dairy Foods**

The relationship between low-fat dairy foods and weight loss is being studied by [USDA Agricultural Research Service \(ARS\)](#) scientists - read more. Then check out [milk group tips](#) from [MyPyramid](#).

I Want To...

- [See MyPyramid Food Guidance System](#)
- [See the 2005 Dietary Guidelines](#)
- [Look up Calories or Nutrients in a Food](#)
- [Learn about Federal Nutrition Assistance Programs](#)
- [See USDA Nutrition Education Materials](#)
- [Get Information on Food Safety](#)

Nutrition Info About...

Information about...



MyPyramid.gov  
STEPS TO A HEALTHIER YOU

# Patient Education

## ➤ MEDLINEplus [medlineplus.gov](http://medlineplus.gov)

- **#1 SOURCE** for basic quality consumer/patient information
- Includes drug information
- Medical Encyclopedia – full-text with illustrations
- Spanish version
- Preformulated *PubMed* searches
- Interactive tutorials
- Current health news

# MedlinePlus Content

Interactive tutorials:

**175 total (soon)**

ClinicalTrials links on display:

**640 (today)**

NIH-Seniorhealth

**31 topics**

OR-Live surgery videos:

**73**

Announcement listservs:

**11 daily & weekly**

Health topics (today):

**741 English**

**699 Spanish**

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Trusted Health Information for You

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- Health Topics**  
Start here with over 700 topics on conditions, diseases and wellness
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About your prescription and over-the-counter medicines
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Spellings and definitions of medical words
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Health News from the past 30 days
- Directories**  
Find doctors, dentists and hospitals
- Other Resources**  
Local libraries, health organizations, international sites and more

**Current Health News**

- ▶ [Mouthguards Essential for Back-to-School Sports](#)
- ▶ [Newest Breast Cancer Drugs Can Cause Joint Pain in Patients](#)
- ▶ [Excessively Sleepy? Could Be More Than Poor Sleep](#)
- ▶ [More news](#)

**Featured Site**

Hurricane Katrina links: [Disasters and Emergency Preparedness](#), [Coping with Disasters](#), [NIH Response](#), [Recovery Information](#)

**In the Spotlight**

September is Prostate Cancer Awareness Month. Learn more:

- ▶ Go to [Prostate Cancer](#)
- ▶ [Prostate Cancer Interactive Tutorial](#)
- ▶ News about [Prostate Cancer](#)

**Interactive Tutorials**  
Over 165 slideshows with sound and pictures

**ClinicalTrials.gov**  
Studies for new drugs and treatments

**NIH SeniorHealth**  
Health information for older adults

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URL for this page: <http://medlineplus.gov>

2 drug and herbal databases:

approx **1700** monographs

ADAM.com encyclopedia:

approx **4000** monographs

Health news:

Approx **15-20** new stories added per day

Directories:

Over **100** directories covering doctors, hospitals, clinics and libraries.



Search MedlinePlus

▶ **Health Topics**

Start here with over 650 topics on conditions, diseases and wellness

▶ **Drug Information**

About your prescription and over-the-counter medicines

▶ **Medical Encyclopedia**

Includes pictures and diagrams

▶ **Dictionary**

Spellings and definitions of medical words

▶ **News**

Health News from the past 30 days

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Find doctors, dentists and hospitals

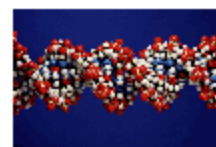
▶ **Other Resources**

Local libraries, health organizations, international sites and more

**Current Health News**

- ▶ ["Decision Aids" Improve Breast Cancer Knowledge](#)
- ▶ [Order the Salad, But Don't Hold the Fat](#)
- ▶ [Flu Shot Doesn't Prevent Kids' Asthma Flare-ups](#)
- ▶ [More news](#)

**Featured Site**



New from the National Human Genome Research Institute:

[Policy and Legislation Database](#)

**In the Spotlight** 



We can't all be like Lance Armstrong, six time winner of the Tour de France. But we can learn how to stay healthy and fit:

- ▶ [Exercise and Physical Fitness](#)
- ▶ [Preventing Disease and Staying Healthy](#)
- ▶ [Sports Fitness](#)

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## Health Topics

Find your topic by first letter:



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<a href="#">I</a>	<a href="#">J</a>	<a href="#">K</a>	<a href="#">L</a>	<a href="#">M</a>	<a href="#">N</a>	<a href="#">O</a>	<a href="#">P</a>
<a href="#">Q</a>	<a href="#">R</a>	<a href="#">S</a>	<a href="#">T</a>	<a href="#">U</a>	<a href="#">V</a>	<a href="#">W</a>	<a href="#">XYZ</a>

Find your topic by broad group:

### Disorders and Conditions - Body Location/Systems

- [Blood/Lymphatic System](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nervous System](#)
- [Cancers](#)
- [Digestive System](#)
- [Ear, Nose, and Throat](#)
- [Endocrine System \(Hormones\)](#)
- [Eyes and Vision](#)
- [Genetics/Birth Defects](#)
- [Heart and Circulation](#)
- [Immune System/AIDS](#)
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- [Injuries and Wounds](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)

### Diagnosis and Therapy

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### Demographic Groups

- [Child and Teen Health](#)
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- [Women's Health](#)

### Health and Wellness

- [Fitness and Exercise](#)

# Cystic Fibrosis

Also called: CF

Cystic fibrosis (CF) is an inherited disease of the mucus and sweat glands. It affects mostly your lungs, pancreas, liver, intestines, sinuses and sex organs. CF causes your mucus to be thick and sticky. The mucus clogs the lungs, causing breathing problems and making it easy for bacteria to grow. This can lead to problems such as repeated lung infections and lung damage.

The symptoms and severity of CF vary widely. Some people have serious problems from birth. Others have a milder version of the disease that doesn't show up until they are teens or young adults.

Although there is no cure for CF, treatments have improved greatly in recent years. Until the 1980s, most deaths from CF occurred in children and teenagers. Today, with improved treatments, people with CF live, on average, to be more than 35 years old.

National Heart, Lung, and Blood Institute

## Start Here

- [Cystic Fibrosis NIH](#) (National Heart, Lung, and Blood Institute)
- [Cystic Fibrosis Interactive Tutorial](#) (Patient Education Institute) - Requires Flash Player  
Also available in [Spanish](#)
- [Genetics Home Reference: Cystic fibrosis NIH](#) (National Library of Medicine)

## Basics

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- [Diagnosis/Symptoms](#)
- [Treatment](#)
- [Prevention/Screening](#)

## Learn More

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- [Related Issues](#)

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## For You

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- [Teenagers](#)

## Overviews

- [Cystic Fibrosis](#) (March of Dimes Birth Defects Foundation)  
Also available in [Spanish](#)
- [Cystic Fibrosis](#) (Mayo Foundation for Medical Education and Research)

## Latest News

- [Cystic Fibrosis Can Harm Kids' Bones](#) (05/04/2007, HealthDay)

## Diagnosis/Symptoms

- [Sweat Test](#) (Nemours Foundation)
- [Trypsin Test](#) (American Association for Clinical Chemistry)
- [Trypsinogen Test](#) (American Association for Clinical Chemistry)

## Treatment

- [Azithromycin for People with Cystic Fibrosis: Is It Right for You?](#) (Cystic Fibrosis Foundation)
- [Current Treatments \(Cystic Fibrosis\)](#) (American Association for Respiratory Care)

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## Prevention/Screening

- [Carrier Screening for Cystic Fibrosis \(CF\)](#) (March of Dimes Birth Defects Foundation)  
Also available in [Spanish](#)

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## Nutrition

- [Nutrition and Cystic Fibrosis: Changes through Life](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Child with Cystic Fibrosis \(Four to Seven Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Infant with Cystic Fibrosis \(Birth to One Year\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition for Your Toddler with Cystic Fibrosis \(One to Three Years\)](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition: Bone Health and Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Nutrition: School, Enzymes, and Sports for the Child with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Pancreatic Enzyme Replacement in People with Cystic Fibrosis](#) (Cystic Fibrosis Foundation) - Links to PDF
- [Pancreatic Enzyme Supplements: Food and Drug Administration Requirements](#) (Cystic Fibrosis Foundation)

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## Clinical Trials

- [ClinicalTrials.gov: Cystic Fibrosis](#) **NIH** (National Institutes of Health)

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## Genetics

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- [Learning about Cystic Fibrosis](#) **NIH** (National Human Genome Research Institute)

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## Research

- [Antioxidant Therapies for Cystic Fibrosis](#) (Cystic Fibrosis Foundation)
- [Drug Development Pipeline](#) (Cystic Fibrosis Foundation)

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## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Infection with Burkholderia cepacia complex bacteria and pulmonary exacerbations of...](#)
- [Article: Effect of albuterol on maximal exercise capacity in cystic fibrosis.](#)
- [Article: Economic implications of newborn screening for cystic fibrosis: a cost...](#)
- [Cystic Fibrosis -- see more articles](#)

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## Organizations

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- [National Heart, Lung, and Blood Institute](#) **NIH**
- [National Institute of Diabetes and Digestive and Kidney Diseases](#) **NIH**

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- [Cystic Fibrosis](#) (Nemours Foundation)
- [Cystic Fibrosis: Diet and Nutrition](#) (Nemours Foundation)

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Cystic Fibrosis

Credits & Terms

Introduction

Cystic Fibrosis

Causes

Symptoms

Diagnosis

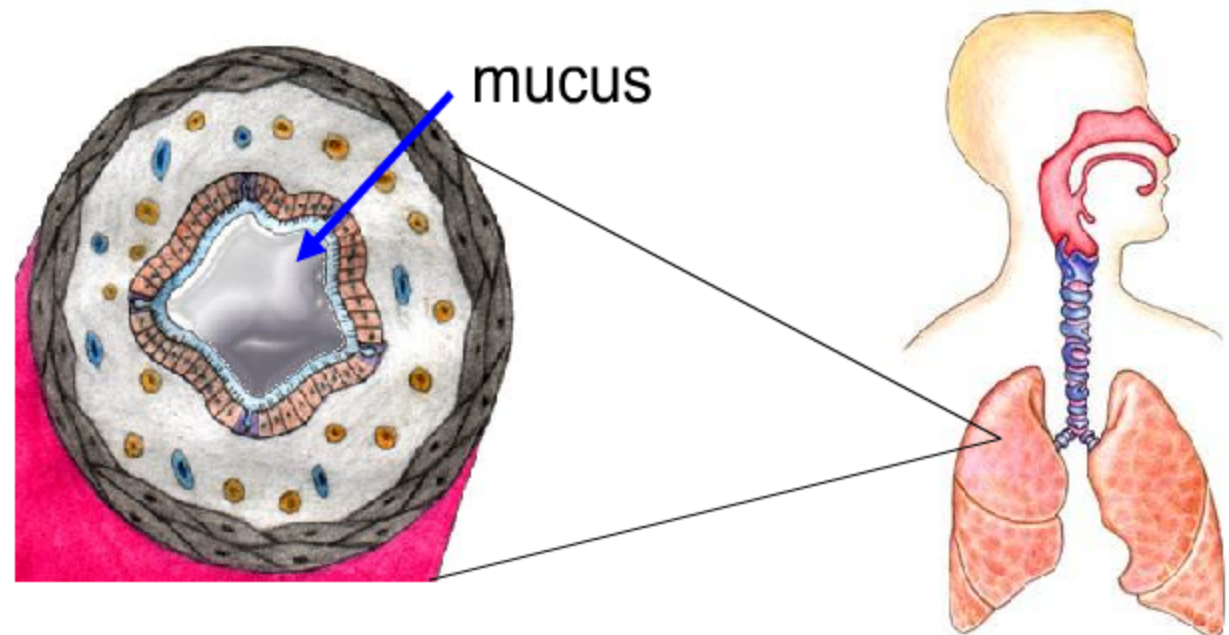
Treatment

Prevention

Facts

Summary

Our bodies depend on special cells that secrete mucus and sweat in order to function normally. Our lungs have these special cells in them. The mucus the special cells secrete is watery and helps trap dirt and expel it to the outside.



# Medical Encyclopedia & Dictionary

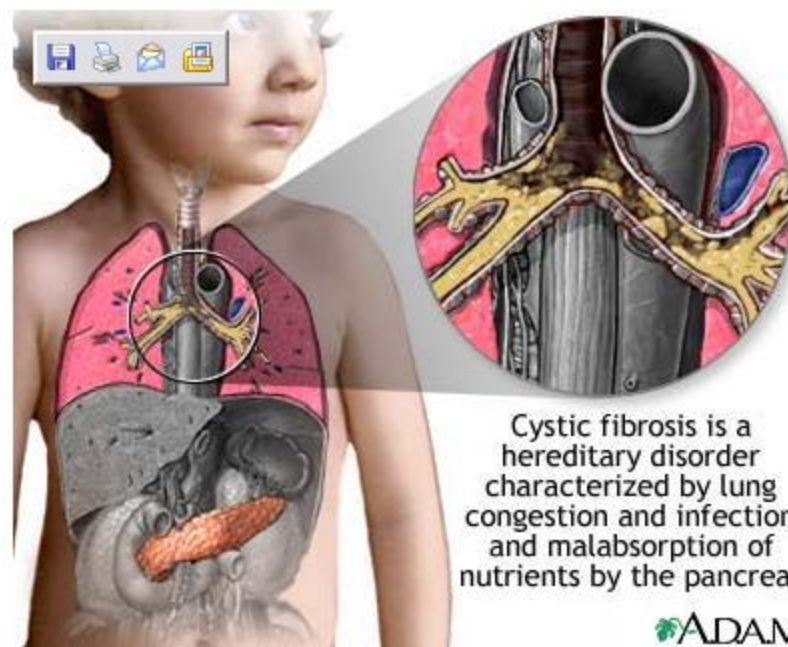
- Encyclopedia includes:
  - 4,000+ entries on diseases, tests, symptoms, injuries and surgeries
  - an extensive library of photographs and illustrations.



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## Medical Encyclopedia

### Cystic fibrosis



Cystic fibrosis is a hereditary disorder characterized by lung congestion and infection and malabsorption of nutrients by the pancreas

Cystic fibrosis is the most common cause of chronic lung disease in children and young adults, and the most common fatal hereditary disease in the US.

**Update Date:** 3/23/2001

Updated by: A.D.A.M. Medical Illustration Team

# Drugs, Supplements & Herbal Information page

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[español](#)

## Drug Information

Browse by first letter of generic or brand name drug:

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Information on thousands of prescription and over-the-counter medications is provided through two drug resources

- MedMaster™†, a product of the [American Society of Health-System Pharmacists \(ASHP\)](#)
- USP DI® Advice for the Patient® ‡, a product of the [United States Pharmacopeia \(USP\)](#).

For additional drug information, see the MedlinePlus [drug therapy](#) topic pages.

## Herbs and Supplements

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Natural Standard is an international research collaboration that aggregates and synthesizes data on complementary and alternative therapies.

- Using a comprehensive methodology and reproducible grading scales, information is created that is evidence-based, consensus-based, and peer-reviewed
- Tapping into the collective expertise of a multidisciplinary Editorial Board.

For additional herb and supplement information, see the MedlinePlus [herbal medicine](#) topic page.

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Other drug names: [A-Am](#) [An-Az](#) [B](#) [C-Ch](#) [Ci-Cz](#) [D-Dh](#) [Di-Dz](#) [E](#) [F](#) [G](#) [H](#) [I-J](#) [K-L](#) [M-Mh](#) [Mi-Mz](#) [N-Nh](#) [Ni-Nz](#) [O](#) [P-Pl](#) [Q](#) [R-Rh](#) [Ri-Rz](#) [S](#) [T-Th](#) [Ti-Tz](#) [U](#) [V](#) [W-Z](#) [0-9](#)

## Montelukast (Systemic)

 [Printer-friendly version](#)  [E-mail to a friend](#)

### Contents of this page:

- [Description](#)
- [Before Using This Medicine](#)
- [Proper Use of This Medicine](#)
- [Precautions While Using This Medicine](#)
- [Side Effects of This Medicine](#)
- [Brand Names](#)
- [Category](#)

### **Description** [Return to top](#)

Montelukast (mon-te-LOO-kast) is used in mild to moderate asthma to decrease the symptoms of asthma and the number of asthma attacks. It should not be used to relieve an asthma attack that has already started. This medicine is also used to treat the symptoms (such as sneezing, runny nose, and itchy eyes) of seasonal (short-term) allergies.

This medicine is available only with your doctor's prescription, in the following dosage form:

#### *Oral*

- Tablets (U.S.)
- Chewable tablets (U.S.)
- Oral granules (U.S.)



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## Montelukast (Systemic)

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### Side Effects of This Medicine

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

Check with your doctor as soon as possible if the following side effect occurs:

*Rare*

Pus in the urine

Other side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side effects continue or are bothersome:

*More common*

Headache

*Less common*

Abdominal or stomach pain; cough; dental pain; dizziness; fever; heartburn; skin rash; stuffy nose; weakness or

# 105 Herbs and Supplements Monographs in English & Spanish Peppermint oil

## Peppermint oil (*Mentha x piperita* L.)

Natural Standard Bottom Line Monograph, Copyright © 2005 ([www.naturalstandard.com](http://www.naturalstandard.com)).  
Commercial distribution prohibited. This monograph is intended for informational purposes only, and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.



While some complementary and alternative techniques have been studied scientifically, high-quality data regarding safety, effectiveness, and mechanism of action are limited or controversial for most therapies. Whenever possible, it is recommended that practitioners be licensed by a recognized professional organization that adheres to clearly published standards. In addition, before starting a new technique or engaging a practitioner, it is recommended that patients speak with their primary healthcare provider(s). Potential benefits, risks (including financial costs), and alternatives should be carefully considered. The below monograph is designed to provide historical background and an overview of clinically-oriented research, and neither advocates for or against the use of a particular therapy.

### Related Terms:

- Balm mint, black peppermint, brandy mint, curled mint, Feullis de menthe, Japanese peppermint, Katzenkraut (German), lamb mint, *Mentha arvensis* L. var *piperascens*, menta prima (Italian), *Menthae piperitae aetheroleum* (peppermint oil), *Menthae piperita* var *officinalis*, *Menthae piperitae folium* (peppermint leaf), *Menthe anglaise*, *Menthe poivre*, *Menthe poivree*, *Mentha piperita* var *vulgaris*, Our Lady's mint, pebermynte (Danish), Pfefferminz (German), Porminzen, Schmecker, spearmint (*Mentha spicata* L.), water mint (*Mentha aquatica*), white peppermint, WS(R) 1340.
- **Essential oil constituents:** Cineol, isomenthone, liminene, menthofuran, menthol, menthone, menthyl acetate, terpenoids.
- **Leaf constituents:** Caffeic acid, chlorogenic acid, luteolin, hesperidin, rutin, "volatile" oil.
- **Selected brand names:** Ben-Gay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contains peppermint and caraway oil), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops, SX Mentha®, Vicks VapoRub®.
- **Combination products:** Absorbine Jr.®, Iberogast®, Listerine®.

## Aceite de menta (*menta piperita*)

Natural Standard Bottom Line Monograph, Copyright © 2005 ([www.naturalstandard.com](http://www.naturalstandard.com)).  
Se prohíbe su distribución comercial. Esta monografía tiene la intención de servir para fines informativos únicamente, por lo cual no se debe interpretar como un consejo médico específico. Usted deberá consultar con un proveedor médico calificado antes de tomar decisiones respecto a terapias y/o afecciones de salud.



No obstante se han estudiado de forma científica ciertas técnicas complementarias y alternas, para la mayoría de las terapias hay limitación o controversia sobre los datos de alta calidad respecto a la seguridad, eficacia y mecanismo de acción. Se recomienda, al máximo posible, que los practicantes cuenten con licencias expedidas por una organización profesional reconocida que se adhiera a normas claramente publicadas. Además, antes de iniciar una nueva técnica o contratar a un practicante, se recomienda que los pacientes consulten con su(s) proveedor(es) médico(s) principal(es). Se deben considerar atentamente los beneficios y riesgos potenciales (incluye los costos financieros) así como las alternativas. La siguiente monografía está diseñada para ofrecer una historia y un resumen de la investigación con orientación clínica, y la misma ni defiende ni se opone al uso de una terapia en particular.

### Términos relacionados:

- **Bálsamo de menta, menta negra, menta de brandy, menta crespá, Feullis de menthe, menta japonesa, Katzenkraut (alemán), menta de cordero, menta arvenis, L. var piperascens, menta prima (italiano), Menthae piperitae aetheroleum (aceite de menta) Menthae piperita var officinalis, Menthae piperitae folium (hoja de menta), Menthe anglaise, Menthe poivree, Mentha piperita var vulgaris, Our Lady's mint, pebermynte (danés), Pfefferminz (alemán), Porminzen, Schmecker, hierbabuena (Mentha spicata), menta acuática (Mentha aquatica), menta blanca, WS (R) 1340.**
- **Elementos constituyentes esenciales del aceite:** Cineol, isomentona, limoneno, mentofurano, mentol, mentona, acetato de mentilo, terpenoides.
- **Elementos constituyentes de la hoja:** Ácido cafeico, ácido clorogénico, luteolina, hesperidina, rutin, aceite "volátil".
- **Selección de marcas registradas:** BenGay®, Colpermin®, China Maze, Cholaktol, Citaethol, Enteroplant® (contiene aceite de menta y alcaravea), Kiminto, Mentacur, Mentholatum, Mintec, Rhuli Gel®, Robitussin® cough drops (pastillas para la tos), SX Mentha®, Vicks VapoRub®.

## Evidence [Return to top](#)

*These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions should be evaluated by a qualified healthcare provider.*

<b>Uses based on scientific evidence</b>	<b>Grade*</b>
<b>Indigestion (non-ulcer dyspepsia)</b> <p>There is preliminary evidence from a small number of controlled trials that a combination of peppermint oil and caraway oil may be beneficial for dyspepsia (heartburn) symptoms. However, most studies have been poorly designed (methodologically weak with small sample sizes, inadequate use of control or placebo groups, unclear descriptions of blinding and randomization, and lack of use of standardized scales for identifying subjects or assessing endpoints). It is not clear which constituent(s) may be beneficial. Nonetheless, the existing evidence does suggest efficacy of this combination. It should be noted that heartburn can actually be a side effect of taking oral peppermint oil, which has been reported by patients in several controlled trials of peppermint oil. Patients with chronic heartburn should be evaluated by a qualified healthcare provider and may be advised to undergo a diagnostic endoscopy prior to initiating any treatment for heartburn.</p>	<b>B</b>
<b>Irritable bowel syndrome (IBS)</b> <p>Multiple randomized controlled trials of peppermint suggest significant improvements in irritable bowel syndrome (IBS) symptoms. Although the mechanism of action is not clear, pre-clinical studies suggest smooth muscle relaxing properties of peppermint (calcium antagonism may play a role). Enteric-coated peppermint preparations are generally recommended. Overall, studies have been brief with small sample sizes and methodological weaknesses (unclear diagnostic criteria, lack of validated measurement scales, unclear blinding and randomization procedures). Well-designed large trials are necessary before a strong recommendation can be made. Future studies should use standardized symptom scales and established diagnostic criteria to classify patients prior to enrollment (such as Rome II Diagnostic Criteria), uniform dosing and standardization, and longer duration.</p>	<b>B</b>
<b>Antispasmodic (gastric spasm)</b> <p>One study reports that peppermint oil solution administered intraluminally can be used as an antispasmodic agent with superior efficacy and fewer side effects than hyoscine-N-butylbromide administered by intramuscular injection during upper endoscopy.</p>	<b>C</b>
<b>Tension headache</b> <p>Application of diluted peppermint oil to the forehead and temples has been tested in people with headache. Studies have not been well conducted, and it is not clear if this is an effective treatment.</p>	<b>C</b>

# Do you need...

- Articles or research studies:

Go to *PubMed*

- Information written for patients:

Start with *MEDLINEplus*

# Additional Patient Ed Resources

- MLA Top 10 Most Useful Health Web Sites

*[mlanet.org/resources/medspeak/topten.html](http://mlanet.org/resources/medspeak/topten.html)*

- MyHealth Toolkit

*[healthlinks.washington.edu/myhealth](http://healthlinks.washington.edu/myhealth)*

# Medical Library Association's Top Ten Most Useful Web Sites

[www.mlanet.org/resources/medspeak/topten.html](http://www.mlanet.org/resources/medspeak/topten.html)

1. Cancer.gov [cancer.gov](http://cancer.gov)
2. Centers for Disease Control and Prevention (CDC) A-Z Topics [cdc.gov](http://cdc.gov)
3. familydoctor.org [familydoctor.org](http://familydoctor.org)
4. healthfinder® [healthfinder.gov](http://healthfinder.gov)
5. HIV InSite [hivinsite.ucsf.edu](http://hivinsite.ucsf.edu)

# MLA's Top Ten, continued

[mlanet.org/resources/medspeak/topten.html](http://mlanet.org/resources/medspeak/topten.html)

6. Kidshealth® [kidshealth.org](http://kidshealth.org)
7. Mayo Clinic [mayoclinic.com](http://mayoclinic.com)
8. MEDEM: an information partnership of medical societies [medem.com](http://medem.com)
9. MedlinePlus (English | Spanish) [medlineplus.gov](http://medlineplus.gov)
10. NOAH: New York Online Access to Health  
[www.noahhealth.org/en/search/health.html](http://www.noahhealth.org/en/search/health.html)

## Quick Guides

- [Living a Healthy Life](#)

## Life Stages

- [Children's Health](#)
- [Men's Health](#)
- [Women's Health](#)
- [Senior Health](#)

## Selected Topics

- [Cancer](#)
- [Clinical Trials/Medical Research](#)
- [Diagnostic Tests](#)
- [Drug Information](#)
- [Healthcare Delivery](#)
- [Heart Disease and Stroke](#)

## Starting Places

Looking for health information? Your health care provider is your best source of information about your personal health. Library staff are not qualified to give medical advice, however there are many excellent resources we recommend when researching your health care questions. Here is a selected list of good starting places:

- [MedlinePlus](#)  
Authoritative information from the National Library of Medicine to help answer your health questions.
- [Centers for Disease Control: A-Z Topics Index](#)
- [MayoClinic.com](#)
- [Merck Manual of Medical Information - Home Edition](#)
- [Merriam-Webster Medical Dictionary](#)



## Need Help Now?

Immediate assistance is available if you need help dealing with a crisis:

- [Crisis Clinic of King County](#)
- [National Suicide Prevention Lifeline](#)

## Find More Information at Your Library

- [Find a Health Library](#)  
Consumer health libraries provide services to local residents.
- [Search for a library in Washington near you](#)
- [Search for public libraries nationwide](#)

## Other Resources

- [PubMed](#)  
Free resource to locate current biomedical research
- [MedlinePlus Guide to Healthy Surfing](#)

# Cross-Cultural Healthcare Resources

## ➤ EthnoMed [ethnomed.org](http://ethnomed.org)

A cross-cultural medicine database containing information about cultural beliefs and medical issues pertinent to healthcare of ethnic groups in Seattle area

## ➤ Culture Clues

[depts.washington.edu/pfes/cultureclues.html](http://depts.washington.edu/pfes/cultureclues.html)

Tip sheets designed to increase awareness about concepts and preferences of patients from diverse cultures

## ➤ SPIRAL [spiral.tufts.edu](http://spiral.tufts.edu)

Selected Patient Information Resources in Asian Languages

**Culture Specific Pages**

- ◉ [Amharic](#)
- ◉ [Cambodian](#)
- ◉ [Chinese](#)
- ◉ [Eritrean](#)
- ◉ [Ethiopian](#)
- ◉ [Hispanic](#)
- ◉ [Oromo](#)
- ◉ [Somali](#)
- ◉ [Tigrean](#)
- ◉ [Vietnamese](#)
- ◉ [Other groups](#)

**Cross Cultural Health**

- ◉ [Clinical Topics](#)
- ◉ [Community HouseCalls](#)
- ◉ [Cultural Competency](#)
- ◉ [Immigration](#)
- ◉ [Patient Education](#)
- ◉ [Pearls of Cross Cultural Care](#)
- ◉ [Related Sites](#)

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*The EthnoMed site contains information about cultural beliefs, medical issues and other related information of recent immigrants to Seattle or the US, many of whom are refugees fleeing war-torn parts of the world.*

Can't find what you want? Try using the Search within EthnoMed using a word or topic.

 [Printable Page](#)

**December 2006**  
**NEW! Important Alert! Carbon Monoxide Poisoning**

Recent power outages in the Pacific Northwest has led many to bring generators and/or Barbeques into the home for winter preparation. A number of people have died from carbon monoxide poisoning as a result. This has affected communities hardest. Below is a link to information about carbon monoxide poisoning, and information translated into several languages:

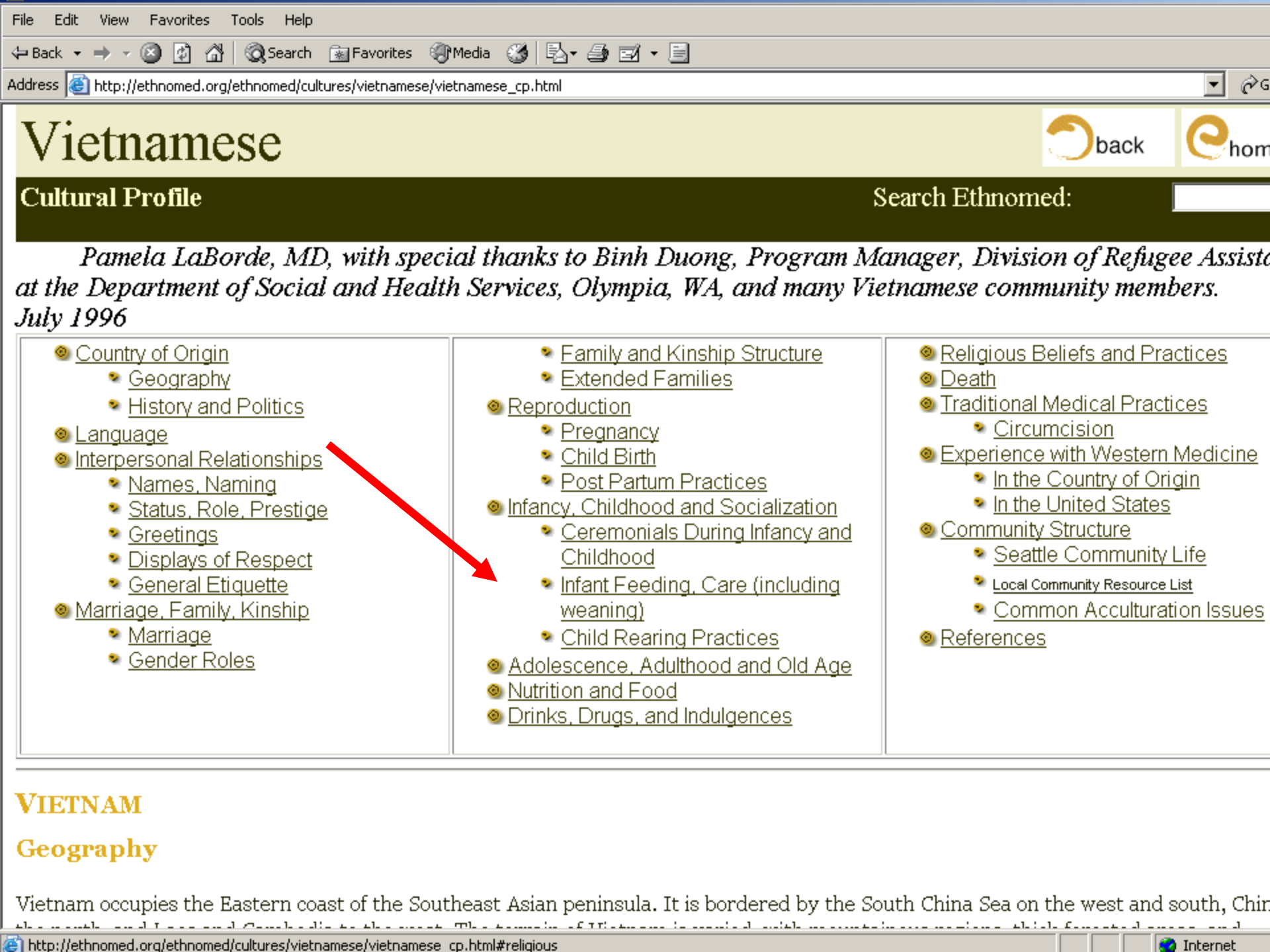
Carbon Monoxide Information from [Public Health Seattle & King County](#)

**Recent Featured Materials or Links on EthnoMed**

[Translated Nurse-to-Patient Communication Pages](#)  
Basic communication pages in 15 languages.

[Somali Bantu Literature Review](#) by Anna Gruen, MSW

**Tuberculosis Cultural Profiles:**



# Vietnamese



## Cultural Profile

Search Ethnomed:

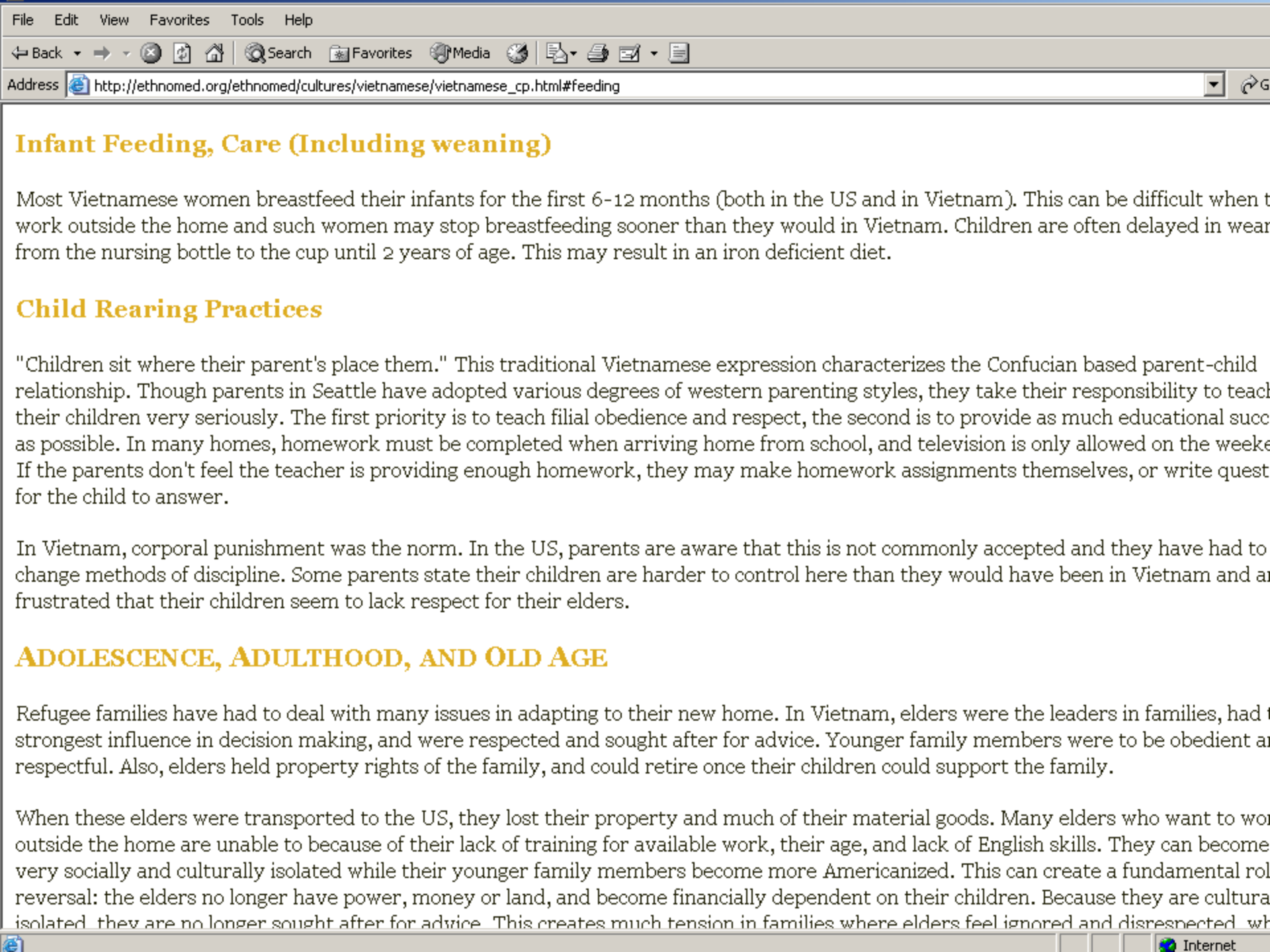
*Pamela LaBorde, MD, with special thanks to Binh Duong, Program Manager, Division of Refugee Assistance at the Department of Social and Health Services, Olympia, WA, and many Vietnamese community members. July 1996*

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>Country of Origin             <ul style="list-style-type: none"> <li>Geography</li> <li>History and Politics</li> </ul> </li> <li>Language</li> <li>Interpersonal Relationships             <ul style="list-style-type: none"> <li>Names, Naming</li> <li>Status, Role, Prestige</li> <li>Greetings</li> <li>Displays of Respect</li> <li>General Etiquette</li> </ul> </li> <li>Marriage, Family, Kinship             <ul style="list-style-type: none"> <li>Marriage</li> <li>Gender Roles</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>Family and Kinship Structure             <ul style="list-style-type: none"> <li>Extended Families</li> </ul> </li> <li>Reproduction             <ul style="list-style-type: none"> <li>Pregnancy</li> <li>Child Birth</li> <li>Post Partum Practices</li> </ul> </li> <li>Infancy, Childhood and Socialization             <ul style="list-style-type: none"> <li>Ceremonials During Infancy and Childhood</li> <li>Infant Feeding, Care (including weaning)</li> <li>Child Rearing Practices</li> </ul> </li> <li>Adolescence, Adulthood and Old Age</li> <li>Nutrition and Food</li> <li>Drinks, Drugs, and Indulgences</li> </ul> | <ul style="list-style-type: none"> <li>Religious Beliefs and Practices</li> <li>Death</li> <li>Traditional Medical Practices             <ul style="list-style-type: none"> <li>Circumcision</li> </ul> </li> <li>Experience with Western Medicine             <ul style="list-style-type: none"> <li>In the Country of Origin</li> <li>In the United States</li> </ul> </li> <li>Community Structure             <ul style="list-style-type: none"> <li>Seattle Community Life</li> <li>Local Community Resource List</li> <li>Common Acculturation Issues</li> </ul> </li> <li>References</li> </ul> |
|--|---|--|

## VIETNAM

### Geography

Vietnam occupies the Eastern coast of the Southeast Asian peninsula. It is bordered by the South China Sea on the west and south, China to the north, and Laos and Cambodia to the west. The terrain of Vietnam is varied, with mountainous regions, thick forested areas, and



## Infant Feeding, Care (Including weaning)

Most Vietnamese women breastfeed their infants for the first 6-12 months (both in the US and in Vietnam). This can be difficult when t work outside the home and such women may stop breastfeeding sooner than they would in Vietnam. Children are often delayed in wear from the nursing bottle to the cup until 2 years of age. This may result in an iron deficient diet.

## Child Rearing Practices

"Children sit where their parent's place them." This traditional Vietnamese expression characterizes the Confucian based parent-child relationship. Though parents in Seattle have adopted various degrees of western parenting styles, they take their responsibility to teach their children very seriously. The first priority is to teach filial obedience and respect, the second is to provide as much educational succ as possible. In many homes, homework must be completed when arriving home from school, and television is only allowed on the weeke If the parents don't feel the teacher is providing enough homework, they may make homework assignments themselves, or write quest for the child to answer.

In Vietnam, corporal punishment was the norm. In the US, parents are aware that this is not commonly accepted and they have had to change methods of discipline. Some parents state their children are harder to control here than they would have been in Vietnam and a frustrated that their children seem to lack respect for their elders.

## ADOLESCENCE, ADULTHOOD, AND OLD AGE

Refugee families have had to deal with many issues in adapting to their new home. In Vietnam, elders were the leaders in families, had t strongest influence in decision making, and were respected and sought after for advice. Younger family members were to be obedient a respectful. Also, elders held property rights of the family, and could retire once their children could support the family.

When these elders were transported to the US, they lost their property and much of their material goods. Many elders who want to wor outside the home are unable to because of their lack of training for available work, their age, and lack of English skills. They can become very socially and culturally isolated while their younger family members become more Americanized. This can create a fundamental rol reversal: the elders no longer have power, money or land, and become financially dependent on their children. Because they are cultura isolated, they are no longer sought after for advice. This creates much tension in families where elders feel ignored and disrespected, wh

- ⦿ Adolescent Violence
- ⦿ Anemia/Hemoglobinopathies
- ⦿ Asthma
  - Somali Asthma Cultural Profile
- ⦿ Breastfeeding
  - Infant Care Practices
- ⦿ Common Cold
- ⦿ Degenerative Joint Disease
- ⦿ Depression
- ⦿ Dermatology
  - Dermatology of Pigmented Skin
  - A Self-Teaching slide module for the influence of culture and pigment on skin conditions in children
- ⦿ Female Circumcision
- ⦿ Fungal Infections
- ⦿ Hepatitis
  - Somali Hepatitis Cultural Profile
- ⦿ Hepatitis B
- ⦿ Lactose Intolerance
- ⦿ Male Circumcision
- ⦿ Nutrition
  - **Report on Somali Diet: Common Dietary Beliefs and Practices of Somali Participants in WIC Nutrition Education Groups**  
Available formats: Word Document | PDF
  - Group Nutrition Education Project for non-English speaking WIC families: 1 page PDF poster about nutrition class
- ⦿ Oral Health
  - Oral Health Beliefs, Traditions and Practices in the Somali Culture
- ⦿ Parasitic Diseases
- ⦿ Peripartum Practices and Infant Care Issues
  - Peripartum and Infant Care Issues Among Refugee Groups in Seattle
- ⦿ Post Traumatic Stress Disorder
- ⦿ Pubertal Development
- ⦿ Sexually Transmitted Diseases/HIV Infection
- ⦿ Thyroid Dysfunction
- ⦿ Tuberculosis

# REPORT ON SOMALI DIET

## COMMON DIETARY BELIEFS AND PRACTICES OF SOMALI PARTICIPANTS IN WIC NUTRITION EDUCATION

Content by Aliya S. Haq, MS, RD, CD, WIC and Pediatric Dietitian at Harborview Medical Center, Seattle

Edited by Christine Wilson Owens, B.A. Anthropology

Reviewed by Carey Jackson, MD

Community Reviewer: Salma Musa, Caseworker Cultural Mediator, Harborview

Date August, 2003

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  - [Common Dietary Beliefs](#)
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  - [Comparison of Show Rates and Nutritional Practices](#)
  - [Patient Satisfaction Surveys](#)
  - [Benefits of Group Nutrition Education](#)

### Methods

The following information was collected during more than 70 nutrition education groups for Somali patients taught by dietitian Aliya Haq at Harborview Medical Center (HMC), between 1999 and 2002. WIC is a supplemental nutrition education program for pregnant and postpartum women. Nutrition education is an integral part of the WIC program, which also provides healthy food vouchers to low income families. More than 100 nutrition education groups at Harborview since they began in September 1999. [See below a Discussion of Group Education Intervention](#)

Providers are encouraged to assess the needs and behavior of all patients individually, and to consider that the information presented here is not representative of the dietary practices and beliefs of all Somali immigrants. As Westernization appears to have influenced some aspects of Somali immigrants' diet, we will observe if and how further acculturation impacts diet in the future.

# Preventing Rickets in Breastfed Babies (Cambodian version)

Translated by Jeniffer Huong, August 1995

ការច្របូចច្របួនចំពោះម្តាយដែលចម្រើនដោះស្រាយ  
ពិធីការពាររោគត្រីសក្នុងការចម្រើនដោះស្រាយរបស់អ្នក

អ្វីទៅដែលហៅថារោគត្រីស?

វាគឺជាជំងឺដែលកើតឡើងក្នុងក្រពះច្រើនជាងការបញ្ចេញវីតាមីនឌីកៅ  
ក្នុងក្រពះ។ នៅក្នុងក្រុមគ្រួសារខ្លះដែលរៀនរាល់ថ្ងៃតាមធម្មតារោគត្រីសនេះកើតឡើង  
ទារកបាន ទទួលបានវីតាមីនឌីកៅ។

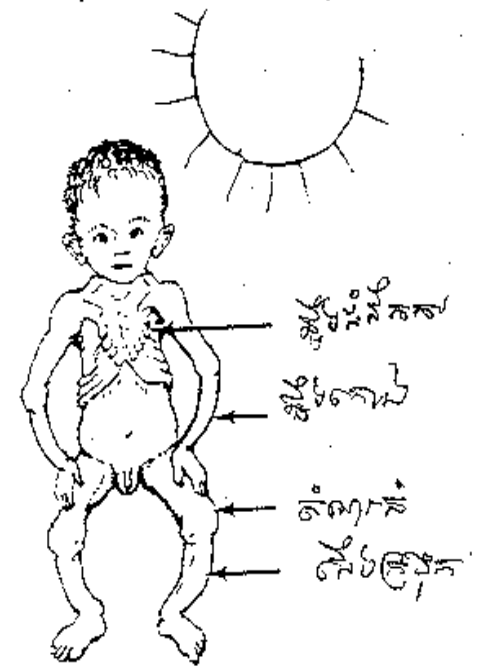
តើទារកណាខ្លះទទួលបានរោគត្រីស?

គឺទារកទាំងអស់ម្តាយដែលទទួលបានវីតាមីនឌីកៅមិនបានច្រើន  
ច្រើនជាង ការកែច្នៃសញ្ញាដែលទទួលបានវីតាមីនឌីកៅមិនបាន  
ទារកដែលកើតមិនគ្រប់ខែនិងទារកដែលត្រូវបានផ្តល់ដោះស្រាយដោយម្តាយ

ស្រុកខេត្តស្រះចកដែលត្រូវបានផ្តល់ដោះស្រាយដោយម្តាយ  
រាងជាតិសាច់, ទឹកដោះស្រាយ, រោងចាត, រោងចាត

រោគត្រីស?

ឱ្យរក្សា, មិនអាចបើកឱ្យ, មើរបាន, មានការយូតយាស់យើង  
និង រោគសញ្ញា



ការយ៉ាងណាឱ្យកូនអ្នកជៀសវាងពីរោគត្រីស?

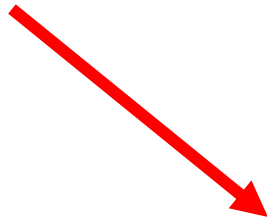
ស្តាប់ចំណុចក្នុងការការពារមិនឱ្យមានរោគត្រីសគឺត្រូវឱ្យទារកបាន

[depts.washington.edu/pfes/cultureclues.html](https://depts.washington.edu/pfes/cultureclues.html)

## Culture Clues™

Culture Clues© are tip sheets for clinicians designed to increase awareness about concepts and preferences of patients from the diverse cultures served by UWMC. Currently there are ten cultures represented, with additional ones in progress.

- [Albanian](#)
- [African American](#)
- [Chinese](#)
- [Deaf](#)
- [Hard of Hearing](#)
- [Korean](#)
- [Latino](#)
- [Russian](#)
- [Somali](#)
- [Vietnamese](#)
- [End of Life Care:  
The Latino Culture](#)
- [End of Life Care:  
The Russian Culture](#)





# Communicating with Your Russian Patient

*Perception of Illness • Patterns of Kinship and Decision Making • Comfort with Touch*

*Culture Clues™* is designed to increase awareness about concepts and preferences of patients from the diverse cultures served by University of Washington Medical Center. **Every person is unique; always consider the individual's beliefs, needs, and concerns.** Use *Culture Clues™* and information from the patient and family to guide your communication and your patient care.

## How does the Russian culture deal with illness?

### *Helping Your Patient Feel Comfortable with UWMC*

- Remember to find out if this is your patient's first visit to University of Washington Medical Center.
  - **If it is your patient's first visit to UWMC, take a few moments for orientation.**
  - **Keep in mind that patients who are new to the system may not be aware of the role of the Primary Care Team or the process for getting a referral to a specialist.**

### *Explaining the Causes of Illness and Disease*

- Your patient and his or her family may believe that illness is caused by weather or social experiences, such as stress from the living situation or because of arguing with the family.
  - **Ask your patient if they have experienced stresses or strains recently.**
- Your patient may not like to take excessive medications. When an option, ask your patients if they prefer over-the-counter or homeopathic medicine.
- Spend time with the patient to show that the patient is cared for.

- Asian Food Pyramid (Nutrition Education for New Americans Project)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#)  
Lus Hmoob [Hmong](#) |  [Korean](#) |  [Lao](#) |  [Thai](#) |  [Vietnamese](#)
- Better Health Begins with You (Nutrition Education for New Americans Project)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#)  
Lus Hmoob [Hmong](#) |  [Korean](#) |  [Lao](#) |  [Thai](#) |  [Vietnamese](#)
- Better Health for Mother and Baby  
(Nutrition Education for New Americans Project)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#)  
Lus Hmoob [Hmong](#) |  [Korean](#) |  [Lao](#) |  [Thai](#) |  [Vietnamese](#)
- Better Nutrition for Mature Adults  
(Nutrition Education for New Americans Project)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#)  
Lus Hmoob [Hmong](#) |  [Korean](#) |  [Lao](#) |  [Thai](#) |  [Vietnamese](#)
- Caffeine and Your Health (NSW Health Dept.- Australia)  
 Documents:  [Chinese](#) | [English](#) (HTML) |  [Korean](#) |  [Thai](#)  
 [Vietnamese](#)
- Cholesterol: Too Much is Dangerous (NSW Health Dept.- Australia)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#) (HTML)  
 [Korean](#) |  [Thai](#) |  [Vietnamese](#)
- Diabetes - Food and Nutrition (Diabetes Australia Multilingual Internet Resource)  
 [Chinese](#) | [English](#) |  [Thai](#) |  [Vietnamese](#)
- Diabetes Nutrition (Nutrition Education for New Americans Project)  
 Documents:  [Cambodian/Khmer](#) |  [Chinese](#) | [English](#)  
Lus Hmoob [Hmong](#) |  [Korean](#) |  [Thai](#) |  [Vietnamese](#)

# Drug Information: Basic Compilations

## ➤ **CDER: Center for Drug Evaluation and Research**

[www.fda.gov/cder](http://www.fda.gov/cder)

- Includes *Drugs @ FDA*, a catalog of FDA Approved Drug Products

## ➤ **CenterWatch Drug Directories**

[www.centerwatch.com/patient/drugs/drugdirectories.html](http://www.centerwatch.com/patient/drugs/drugdirectories.html)

- Includes *Drugs Newly Approved by the FDA*, *Drugs Currently in Clinical Research*, and *PDR Family Guides Drug Information*

# Additional Drug Resources

## ➤ DrugInfoNet

[www.druginfonet.com/index.php?pageID=drug.htm](http://www.druginfonet.com/index.php?pageID=drug.htm)

- Includes official package inserts and patient package insert information

## ➤ Drugs.com [drugs.com](http://drugs.com)

- Includes Pill Identifier

## ➤ MedlinePlus: Drugs, Supplements and Herbal Information

[www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html)

- Information on thousands of prescription and over-the-counter medications, herbals and supplements

## ➤ PillBot.com [pillbot.com](http://pillbot.com)

- Prescription comparison shopping guide

## ➤ RxList [rxlist.com](http://rxlist.com)

- Includes the Top 200 list and a Tablet/Capsule Imprint Code

# Drugs.com-Pill Identifier

*drugs.com*

## Pill Identification Wizard

Note - All fields are optional: Use this facility to identify medications

Drug Name:

Imprint(s):

Shape:  ▼

Color:  ▼

SEARCH NOW

## Pill Identifier Results 1 - 2 of 2 for "GG249 White And Rectangle"

Below are results that match your criteria. Click on an image or generic/brand name to

[Start a new search](#)



**Drug Name**

[Alprazolam](#)

**Strength(s)**

2 mg

**Imprint**


GG 249

**Manufacturer/Distributor**

Sandoz Inc

# Pillbot

## *pillbot.com*


**Show Me The Best Price For The Prescription Medication...**  
    
 Medication Name and Dosage (if 10mg enter 10)

PBRx.com is a US based pharmacy bringing Americans generic medication at a reasonable price, results from PBRx may show the "Generic" equivalent of the "Brand Name" prescription drug.

Medication	Count	Dose	Strength	Delivery	Price	PPU	Pharmacy
lipitor	30	10	MG	TAB	\$58.87	\$1.962	FAMILY MEDS
lipitor	90	10	MG	TAB	\$182.87	\$2.032	FAMILY MEDS
lipitor	90	10	MG	TAB	\$183.97	\$2.044	DRUGSTORE
lipitor	90	10	MG	TAB	\$183.97	\$2.044	Rite Aid
lipitor	30	10	MG	TAB	\$62.99	\$2.100	DRUGSTORE
lipitor	30	10	MG	TAB	\$62.99	\$2.100	Rite Aid
lipitor	100	10	MG	TAB	\$212.37	\$2.124	AARP
lipitor	90	10	MG	TAB	\$191.13	\$2.124	AARP
lipitor	60	10	MG	TAB	\$128.46	\$2.141	AARP
lipitor	30	10	MG	TAB	\$65.26	\$2.175	AARP
lipitor	100	10	MG	TAB	\$221.57	\$2.216	COSTCO
lipitor	50	10	MG	TAB	\$112.57	\$2.251	COSTCO
lipitor	30	10	MG	TAB	\$68.47	\$2.282	COSTCO
lipitor	90	10	MG	TAB	\$207.99	\$2.311	CVS
lipitor	30	10	MG	TAB	\$73.59	\$2.453	CVS
lipitor	1	10mg		(Tab)	\$2.20	\$2.196	PBRx
lipitor	30	20	MG	TAB	\$87.87	\$2.929	FAMILY MEDS
lipitor	90	20	MG	TAB	\$263.87	\$2.932	FAMILY MEDS

# Textbooks

## ➤ Medical Nutrition Handbook

- [www.naa.medicine.wisc.edu](http://www.naa.medicine.wisc.edu)

## ➤ Merck Manual of Medical Information

- [www.merck.com/mmhe](http://www.merck.com/mmhe)

## ➤ eMedicine

- [emedicine.com](http://emedicine.com)

## ➤ UptoDate

- [www.uptodate.com](http://www.uptodate.com)
- Concise comprehensive uptodate reviews of clinical topics in multiple specialties
- Fee-based web site



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## Diabetes: Nutrition Evaluation and Management

### BRIEF NUTRITION COUNSELING TOOLS — for Diabetes

- [Five Minute](#)
- [Fifteen Minute](#)

#### GOAL

#### RATIONALE

#### EVALUATION

- ASSESS
  - [Weight—BMI, waist circumference and weight history](#)
  - [Laboratory values and blood pressure](#)
  - [Risk for Metabolic Syndrome](#)
  - [Diet history](#)
  - [Alcohol intake](#)
  - [Physical activity history and limitations](#)
  - [Readiness for lifestyle change](#)

#### MANAGEMENT

- [ADVISE](#): Medical nutrition therapy and physical activity to reach treatment goals
- [AGREE](#): Determine diet and physical activity goals with patient
- [ASSIST](#): Provide diet and physical activity resources
- [ARRANGE](#): Schedule follow-up and make referrals for assistance and support

#### WEB RESOURCES

[Downloadable Diabetes web page - \(PDF Format\)](#)



## The Merck Manual – Second Home Edition

# Merck Manual of Medical Information

## [www.merck.com/mmhe](http://www.merck.com/mmhe)

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### Section 12. Disorders of Nutrition and Metabolism

#### Chapter 152. Overview of Nutrition

Topics: [Introduction](#) | [Carbohydrates, Proteins, and Fats](#) | [Vitamins and Minerals](#) | [Fiber](#) | [Calories](#) | [Nutritional Requirements](#) | [Diets](#)

## Vitamins and Minerals

Most **vitamins** and all minerals are essential nutrients. That is, they cannot be synthesized by the body and so must be consumed in the diet.

**Vitamins** are classified as water soluble--vitamin C and the eight members of the vitamin B complex--or fat soluble--**vitamins** A, D, E, and K.

Some minerals are required in fairly large quantities (about 1 or 2 grams a day) and are considered macronutrients. They include calcium, chloride, magnesium, phosphorus (occurring mainly as phosphate in the body), potassium, and sodium. Minerals required in small amounts are considered micronutrients and are called trace minerals. They include copper, fluoride, iodine, iron, selenium, and zinc. Except for fluoride, all of these minerals activate enzymes required in metabolism. Fluoride forms a stable compound with calcium, helping stabilize the mineral content of bones and teeth and helping prevent tooth decay. Trace minerals such as arsenic, chromium, cobalt, nickel, silicon, and vanadium, which may be essential in animal nutrition, have not been established as requirements in human nutrition. All trace minerals are toxic at high levels, and some (arsenic, nickel, and chromium) have been identified as causes of cancer.

Some **vitamins** and minerals (such as **vitamins** C and E and selenium) act as antioxidants, as do other substances in fruits and vegetables (such as beta-carotene). Antioxidants protect cells against damage by free radicals, which are reactive by-products of the normal

# eMedicine

*emedicine.com*

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**June 5, 2007**

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### Pediatrics - Nutrition Articles

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<a href="#">Biotin Deficiency</a>	(CME available)
<a href="#">Carotenemia</a>	(CME available)
<a href="#">Disorders of Bone Mineralization</a>	(CME available)
<a href="#">Failure to Thrive</a>	(CME available)
<a href="#">Malnutrition</a>	(CME available)
<a href="#">Marasmus</a>	(CME available)
<a href="#">Obesity</a>	(CME available)
<a href="#">Osteoporosis</a>	(CME available)
<a href="#">Pellagra</a>	(CME available)
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<a href="#">Vitamin B-6 Dependency Syndromes</a>	(CME available)

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Is dyslipidemia a risk factor for peripheral arterial disease?

## Vegetarian diets for children

- ▶ [INTRODUCTION](#)
- ▶ [TYPES OF VEGETARIAN DIETS](#)
- ▶ [GROWTH OF VEGETARIAN CHILDREN](#)
- ▶ [NUTRITIONAL CONSIDERATIONS](#)
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- ▶ [Dietary energy requirements in adolescents](#)
- ▶ [Iron deficiency in infants and young children](#)
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## Vegetarian diets for children

[Debby Demory-Luce, PhD, RD, LD](#)

*UpToDate performs a continuous review of over 330 journals and other resources. Information is published. The literature review for version 13.2 is current through August 22, 2002. The next version of UpToDate (13.3) will be released in October 2002.*

**INTRODUCTION** — Vegetarian diets are becoming increasingly popular. One survey of 1 million people in the United States called themselves vegetarians, compared to an estimated 1 million in the United Kingdom [1]. In addition, approximately 5 percent of people claim to be vegetarian in the United Kingdom [2].

No specific estimates of the current number of children who eat a vegetarian diet exist. In the past, approximately 10 percent of parents in the United States reported that they were choosing to rear their children on a vegetarian eating style [5,6]. An estimated 10 percent of parents in the United Kingdom [7] and 6 percent of public middle- and high-school students surveyed in the United States consume a vegetarian diet.

Reasons for choosing a vegetarian diet are varied and include potential health benefits, ethical concerns, issues related to allocation of resources and animal rights [9]. The types and components of vegetarian diets and have important implications for the growth and development of children and adolescents.

The nutritional quality of vegetarian diets and strategies to prevent nutritional deficiencies are reviewed here. Nutrition requirements, deficiencies, and supplementation of specific nutrients are reviewed (see appropriate topic reviews).

**TYPES OF VEGETARIAN DIETS** — Vegetarian diets vary according to the degree of restriction. According to the strictest definition, a vegetarian diet consists primarily of cereals, fruits, vegetables, and nuts. Animal foods, including milk, dairy products, and eggs are generally excluded [10,11]. Some vegetarian diets may include animal flesh, eggs, or milk and dairy products. Vegetarian diets are frequently categorized into the following (see also [restricted](#)):

- **Semivegetarian** — Meat occasionally is included in the diet. Some people who follow this diet may eat fish and perhaps chicken.
- **Lactoovovegetarian** — Eggs and milk and milk products (lacto = dairy; ovo = eggs)

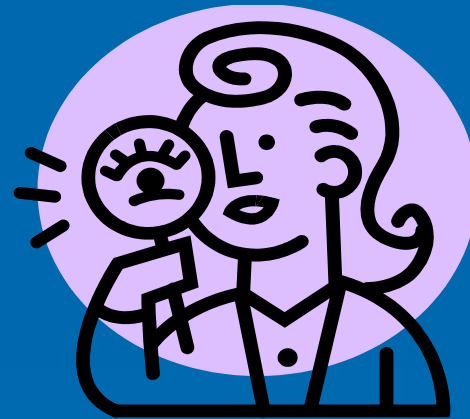
# Evaluating Web Resources: Evaluation Strategies

- Evaluate using **Criteria for Evaluating Web Resources**
- Determine the type of site by analyzing **Web Site Addresses**
- A User's Guide to Finding and Evaluating Health Information on the Web  
*[www.mlanet.org/resources/userguide.html](http://www.mlanet.org/resources/userguide.html)*

# Criteria for Evaluating Web Sites

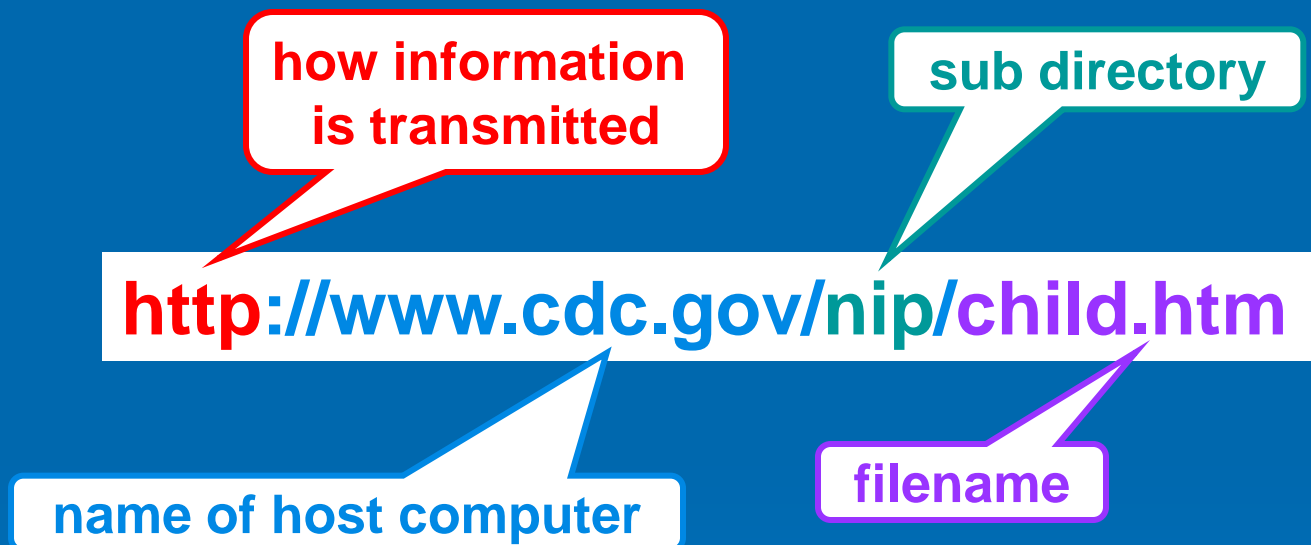
[healthlinks.washington.edu/howto/navigating/criteria.pdf](http://healthlinks.washington.edu/howto/navigating/criteria.pdf)

- Authority
- Accuracy
- Objectivity
- Currency
- Coverage
- Design



# Web Site Address: URL (Uniform Resource Locator)

- edu
- org
- com
- gov
- net



The URL includes the name of the host computer which can indicate the purpose of the web site.

# Final Thoughts

- Use *Web Sites for Pediatric Nutritionists*
- Navigate the web efficiently with a meta-search engine, *Advanced Google*, or *Google Scholar*
- Remember *PubMed*, *MedlinePlus*, *EthnoMed*, and nutrition sites
- Ask a *colleague or librarian*, your ultimate search engine!



# For more information...

- If you are **affiliated with the UW**, contact:

Janet G. Schnall, MS,AHIP  
206.543.7474  
schnall@u.washington.edu



- Or, contact the **National Network of Libraries of Medicine (NN/LM)** for exhibits, workshops, classes, and project collaborations

NN/LM                      800.338.7657  
Linda Milgrom            206.221.3400  
lmilgrom@u.washington.edu

# Locating Nutrition Articles and Resources on the Web

PowerPoint presentation:

*[healthlinks.washington.edu/hsl/liaisons/schnall](http://healthlinks.washington.edu/hsl/liaisons/schnall)*

Web Sites for Pediatric Nutritionists:

*[healthlinks.washington.edu/hsl/liaisons/schnall/  
pediatricnutritionists.pdf](http://healthlinks.washington.edu/hsl/liaisons/schnall/pediatricnutritionists.pdf)*

**Clicking Your Way to Nutrition Resources on the Web**

*Nutrition Focus 2007 Jan/Feb 22(1):1-9.*