

*Food and Nutrition Information
Center at the National
Agricultural Library*

Monica Cohen and Priscilla Flowers
2007-2008 UMD Dietetic Interns

March 4, 2008

Teams

- **Monica**
 - Food Stamp Nutrition Connection (FSNC)
- **Priscilla**
 - Food Stamp Nutrition Connection
 - International Bibliographic Information on Dietary Supplements (IBIDS)



Food Stamp Nutrition Connection



- Research and update resources for FSNC “Hot Topics A-Z”
 - Monica: “[Vegetarian Nutrition](#)”, “Supplements”
 - Priscilla: “[Childhood Overweight](#)”
- Research and update resources for FSNC “Click and Go”
 - Monica: “Vegetarian Nutrition”
- Review resources and enter them into Resource Library
 - Monica: “Fast Foods,” “[The ABCs of Health Focused Well-Being](#),” “Enjoy Nutrient-Rich Foods,” “The Science of Healthy Behaviors”
 - Priscilla: “[Nutrition Essentials](#)”
- Help transfer some of the remaining FSNC static pages to the tool: ([About FSNC](#)), ([FSNC Talk](#))
- Work on the Spanish Recipes Project in which all recipes on the Recipe Finder will be accessible in both English and Spanish

Search FSNC

- Search all USDA
- Advanced Search
- Search Tips

Browse by Subject

- ▶ Recipes
- ▶ National FSNE
- ▶ Resource Library
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- ▶ Photo Gallery
- ▶ Professional Development Tools

You are here: [Home](#) / [Professional Development Tools](#) / [Hot Topics A-Z](#) / [Vegetarian Nutrition](#)

Professional Development Tools

Vegetarian Nutrition



Find articles and educational tools that are related to types of vegetarian diets, cooking techniques, and nutritional concerns. Information is geared towards nutrition educators, parents, and children

On this page...

General Information

Vegetarian Nutrition Resource List (PDF|74KB)

USDA, NAL, Food and Nutrition Information Center.

This resource list provides bibliographic information on a vegetarian nutrition in a variety of formats. The resources are available as articles, pamphlets, books, audio-visuals and website links for full-text resources.

MyPyramid Tips & Resources - Vegetarian Diets

USDA, Center for Nutrition Policy and Promotion.

Includes nutrient considerations for vegetarians and meal planning tips for vegetarians.

Vegetarian Resource Group

Vegetarian Resource Group.

Includes an abundant amount of nutrition information and vegetarian recipes. Non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. In addition to publishing the [Vegetarian Journal](#) the group produces and sells cookbooks, other books, pamphlets, and article reprints.

MedlinePlus: Vegetarian Diet

DHHS, NIH, National Library of Medicine.

List of resources for a wide range of information on vegetarian diets and nutrition. Also available in [Spanish](#).

I Want To

- [See More Resources on Vegetarian Diets](#)

Professional Development Tools

- [Food Stamp Nutrition Connection Bulletin](#)
- [Upcoming Conference Calendar](#)
- [Web-Based Training](#)
- [Conference Proceedings](#)
- [Ice Breakers and Training Tools](#)
- [Programming for Behavioral Change](#)
- [Social Marketing](#)
- [Evaluation](#)
- [Hot Topics A-Z](#)
 - [Adult Nutrition](#)
 - [Behavior Change](#)
 - [Child Nutrition](#)
 - [Childhood Overweight](#)
 - [Dietary Fat and Fat Replacers](#)
 - [Ethnic/Cultural Groups](#)
 - [Food Insecurity and Hunger](#)

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Professional Development Tools

Childhood Overweight



Find information and resources that provide background and support efforts related to childhood overweight and obesity, including facts and statistics, programs, reports, resources specific to Native Americans, and more.

On this page...

Statistics

Pediatric Nutrition Surveillance System (PDF|660 KB)

DHHS, Centers for Disease Control and Prevention.

The Pediatric Nutrition Surveillance System (PedNSS) provides state-specific information on the nutritional characteristics of low-income children. Overweight/obesity is addressed on page 5.



Physical Activity Levels Among Children Aged 9-13 Years: United States, 2002

DHHS, Centers for Disease Control and Prevention.

Presents data from the Youth Media Campaign Longitudinal Survey, which provides a baseline assessment of physical activity levels among children aged 9-13.

Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004

DHHS, CDC, National Center for Health Statistics.

Discusses trends in prevalence of overweight and obesity from the 2003-2004 National Health and Nutrition Examination Survey (NHANES) and prior NHANES surveys.

I Want To

- **Browse the Referral Index for Child Nutrition Resources**
- **Browse the Referral Index for Physical Activity Opportunities**

Professional Development Tools

- **Food Stamp Nutrition Connection Bulletin**
- **Upcoming Conference Calendar**
- **Web-Based Training**
- **Conference Proceedings**
- **Ice Breakers and Training Tools**
- **Programming for Behavioral Change**
- **Social Marketing**
- **Evaluation**
- **Hot Topics A-Z**
 - Adult Nutrition
 - Behavior Change

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Resource Library

Resource Finder

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Title: **The ABCs of Health-Focused Well-Being**
Pub. date: January 2008
Includes: Handout
Audience: Nutrition Educators
Language: English
Description: This is an 8-page color handout that seeks to convey the breadth and richness of a health-centered (versus a weight-centered) approach to well-being through definitions and descriptions of 38 terms. These terms from A to Z range from "BMI," "obese," "portion control," and "individual responsibility" to "kitchen," "lifestyles," "nerve and courage" and "thin-bashing." The handout also features quotes from an author, an artist, and culture critic and everyday people related to a number of the terms.

Funding Source: In part, WIN the Rockies, USDA/IFAFS #0004499

Details

Developer: S.Pelican, F.Vanden Heede, M.Getz
Organization: University of Wyoming Cooperative Extension Service
Phone: 307-766-6345
Mail: pelican@uwyo.edu
Length: 8 pages
Pilot Testing: Reviewed by 4 professionals and their suggestions and comments incorporated.
Assessment instrument Used? No
Use Restrictions: May Copy
Reviewers The ABCs of Health-Focused Well-Being is a well organized handout containing a

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Title: **Nutrition Essentials: Teaching Tools for Healthy Choices. Nutrition Education Ideas for Secondary School Teachers**

Pub. date: April 2007

Includes: 6 complete lessons, 2 CDs, PowerPoint slide show, reproducible worksheets, factsheets, hand-outs, a set of nutrition fact cards and 10 color posters (5 full-size and 5 mini).

Audience: Nutrition Educators, Parents, Children

Language: English

Description: This colorful guide provides six easy-to-follow lessons plans for teachers of secondary school students. Topics for the six lessons include: *Get the MyPyramid Amounts of Foods – for YOU*; *Choose the Foods YOU Need*; *Choose Foods for Their Nutrients*; *Estimate Amounts of Food*; *Put It All Together – Food for a Day*; and *Move It! Keep your Health in Balance*. Nutrition Essentials also contains 5 full-size and 5 mini color posters to reinforce the lessons: *MyPyramid*, *READ IT Before you EAT IT!*, *How Much Do YOU Eat?*, *Food for a Day*, and *Move It! Choose Your Fun!*. Two CDs are included: 1) Nutrition Essentials: Teaching Tools for Healthy Choices and 2) Nutrition Decision, interactive games with nutrition information.

The Nutrition Essentials CD contains a PDF version of the guide, supplemental materials such as a PowerPoint slide-show overview of the lessons, teaching tips and tricks (suggestions for using positive messages and inexpensive visual aids), reproducible materials, objectives and National Education Standards. The Nutrition Decision CD provides interactive games to allow students to practice building skills using the Nutrition Facts panel on food labels.

Details

Developer: US Department of Agriculture, Food and Nutrition Service, Team Nutrition

Length: 42 pages

Readability: 7th grade

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About FSNC



The Food Stamp Nutrition Connection (FSNC) is a dynamic online resource center for State and local [Food Stamp Nutrition Education \(FSNE\)](#) providers. It provides information on valuable training and continuing education resources for educators and facilitates access to educational materials developed specifically for [Food Stamp Program \(FSP\)](#) eligibles. Educators nationwide can use this site to identify curricula, lesson plans, research, participant materials and professional development tools.

Spotlights

History

The Food Stamp Nutrition Connection was established in 2001, by the United States Department of Agriculture's (USDA) [Food and Nutrition Service](#) with the goal of helping Food Stamp Nutrition Educators find the tools and information they need to provide quality nutrition education for low-income audiences.

FSNC is funded by the United States Department of Agriculture's (USDA) [Food and Nutrition Service](#) and maintained at the National Agricultural Library's [Food and Nutrition Information Center \(FNIC\)](#) in collaboration with the [University of Maryland](#).



Presentation (PPT|5.9MB)

View the Food Stamp Nutrition Connection slide show for an overview of the features and resources found in the Food Stamp Nutrition Connection (FSNC) site.

Awards and Kudos

- ◆ [Penn State University's Nutrition Information Resource Center](#) scored Food Stamp Nutrition Connection 24 on a 25-point scale.

I Want To

- [Learn How to Apply for Food Stamps](#)
- [Become licensed to accept Food Stamps \(EBT\) in my store](#)
- [Visit the Food Stamp Program Website](#)
- [Get State FSNE Contact Information](#)
- [Download the Fiscal Year 2008 FSNE Plan Guidance](#)
- [Ask a Question](#)

About FSNC

- [New at FSNC](#)



See Also

- [About the FSNC Photo Gallery](#)

[About the FSNC Design](#)

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FSNC-Talk

Spotlights



Welcome to FSNC-Talk!

Food Stamp Nutrition Education providers and administrators use this electronic mailing list to talk about teaching methods, materials and program management.

Who may join the list?

This list is open to:

- ◆ *USDA Food Stamp Program National Office Staff*
- ◆ *USDA Food Stamp Program Regional Office Nutrition Education Contacts*
- ◆ *National CSREES Food Stamp Nutrition Education Program Staff*
- ◆ *Regional or State Food Stamp Program Staff*
- ◆ *State Food Stamp Nutrition Education Program Staff*

What is the purpose?

The list is for the discussion and sharing of information related to Food Stamp Program nutrition education. Relevant topics include nutrition education resources, staff training tools and behavior change strategies. It is not meant for advertising/commercial purposes.

How do I send a message to FSNC-Talk?

Members can post a message to the list by sending an e-mail to FSNC-Talk@nal.usda.gov. If you are not subscribed to FSNC-Talk, you cannot send a message to the list. Do not send any commands to the list. More information about joining or leaving the list and changing your list options can be accessed on this website.

I Want To

- [Join the FSNC-Talk List](#)
- [Change My Settings](#)
- [Leave the List](#)
- [Read the Archives](#)

See Also

- [Agricultural Research Service E-Mail News Lists](#)
- [Economic Research Service E-Mail Updates](#)

Media Help

To view PDF files you must have [Adobe Acrobat Reader](#) installed on your computer.

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



IBIDS Database Project

- Evaluate resource documents and write critical essays
- Assess IBIDS site
- Search for out of scope article and journal records and flag for deletion ([example](#))
- IBIDS Clinical
 - Create clinical [organizational statement record](#) for “Use of Performance-Enhancing Substances”
 - Review evidence-based guideline for “Cardiovascular Disease Prevention in Women: 2007 Update”



IBIDS

National Institutes of Health, Office of Dietary Supplements
USDA Agricultural Research Service, National Agricultural Library

International Bibliographic Information on Dietary Supplements **Administrative Tool**

Search Live Database

Reports Citations Clinical Staging Journals Duplicates

You are logged in as pflowers (Logout)

Searching in Title for Lotion

[New Search](#)

[Review Marked Records](#)

[Delete Marked Records](#)

There are 19 matching records in the table. This page shows all 19 records.

Delete from Production [Edit Record](#)

IBIDS Id: 13266 **Subset:** MEDLINE **Accession No:** 95341477

Title: Cur : cumin in a model skin lotion formulation.

Author: Suhaimi-H; Ahmad-F-B; Friberg-S-E

Citation: J-Pharm-Sci. 1995 Mar; 84(3): 376-80

TSSN: 0022-3549



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 - Review evidence-based guideline for “Cardiovascular Disease Prevention in Women: 2007 Update”

IBIDS Clinical- Organizational Statement Record

Title: Policy Statement: Use of Performance-Enhancing Substances

Organization: American Academy of Pediatrics Committee on Sports Medicine and Fitness.

Article Citation: Gomez J; American Academy of Pediatrics Committee on Sports Medicine and Fitness. Use of performance-enhancing substances. Pediatrics. 2005 Apr;115(4):1103-6

Online Version: <http://pediatrics.aappublications.org/cgi/reprint/115/4/1103>
Year: 2005

Author(s): Gomez J; American Academy of Pediatrics Committee on Sports Medicine and Fitness.

Description: Geared to pediatric health care professionals, this policy statement asserts that the American Academy of Pediatrics “strongly condemns the use of performance-enhancing substances and vigorously endorses efforts to eliminate their use among children and adolescents” based on the lack of data on their safety and efficacy of as well as their potential for posing significant harm. Provides a general definition of performance-enhancing substances and gives examples including some dietary supplements. Makes recommendations on how pediatric health care providers, parents, schools, and sports organizations can help prevent and stop use of these substances. A companion document “Sports Shorts” (available from American Academy of Pediatrics Web site at <http://www.aap.org/family/sportsshorts12.pdf>) has a table for pediatricians and one for parents, coaches and athletes which outline proposed effects, side-effects and legal issues for commonly used substances.

Dietary Supplements: creatine; amino acids (unspecified); androstenedione; dehydroepiandrosterone

Contact for Print Copy: American Academy of Pediatrics, 141 Northwest Point Blvd., P.O. Box 927, Elk Grove Village, IL 60009-0927.

Guideline.gov Summary: Complete Summary:
http://guidelines.gov/summary/summary.aspx?ss=15&doc_id=7015

Language: English

Web Reference Team

- One week of training
- One week of working on reference
- Research topics and respond to 50 nutrition-related questions



Sample Reference Question

- **Question:**

- Have you approved a breast enhancer supplement called "Vanity"? In the email I received from company called HealthyRightNow claims you approve this product. On the website (www.largerbreasts.com), question and answer #4 in the [article](#), says that the FDA has given "GRACE" status to the ingredients of this product. Does this mean that the ingredients are approved by the FDA?

- **Answer:**

- GRAS (generally recognized as safe) substances
- FDA does not approve dietary supplements
- Information on GRAS substances available at <http://www.cfsan.fda.gov/~dms/grasguid.html>
- Product safety, please contact the FDA directly .

- **Thanks:**

- Thanks for all the info that you have given me. It is very much appreciated. I will do more checking with my physician.



▶ commonly asked questions

Q: Exactly how does Vanity™ work?

A: **Vanity™** contains all natural ingredients that are rich in phytoestrogens. These ingredients stimulate the production of estrogen, similar to pregnancy or puberty. **Vanity™** contains ingredients which also stimulate the production of human growth hormone. Clinical research has shown that without both parts of the equation full breast tissue growth will not be permanent. There are many breast enhancer products and natural breast enlargement pills that will produce temporary results, but none that actually help the body to produce the human growth hormone needed grow new tissue.

Q: What are the ingredients of Vanity™?

A: **Vanity™** contains: Trigonella Foenum-Graecum, Foeniculum Vulgare, Serenoa Repens, Echinacea Purpurea, Ananas Comosus, Allium Sativum, Zingiber Officinale, Ginkgo Biloba, Panax Ginseng, Llex Paraguariensis, Filpendula Ulmaria, Hypericum Perforatum, Valeriana Officianalis

Q: Is Vanity™ safe?

A: **Vanity™** is made with all natural ingredients and no harmful steroids, fillers or chemical ingredients. It is absolutely safe to be taken on a regular basis. If you have concerns regarding the safety of **Vanity™** please consult your physician.

Q: Is Vanity™ of approved by the FDA?

A: A: The ingredients have been given "GRASE" status by the US Food and Drug Administration (FDA) "Generally recognized as safe and effective". The statements on this website have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Q: How large will my breasts become?

A: The overall average for all age groups in a 90 day test was an average of 1.8 Cup Sizes in women taking the product for a full 90 days. Example: Before 34A / After 36C. These results are the test average, individual results may vary.
FACT: Almost everyone (92%) of women who have tried **Vanity™** have achieved considerable levels of breast growth.

Sample Reference Question

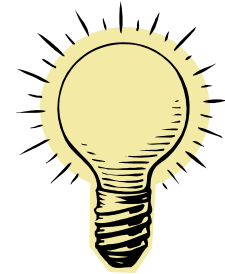
- Question:
 - I am looking for nutritional information for pork skin. We are currently testing a product that still has the skin on it and need to do a nutritional analysis on it. Please let me know if you have that information. Thank you for your help.
- Answer:
 - **Fresh Pig Skin** - *Food Composition Table for Use in East Asia.*
 - **Boiled Pork Skin** – ARS, Food Surveys Research Group
 - **Plain Pork Skin Snacks** – USDA Nutrient Data Laboratory



Other

- Complete online Scavenger Hunt
- Metadata training/Food Safety Overview
- Interview with upcoming interns
- Attend DGWG and HNCC Meetings
- Participate in FNIC All Hands Meeting
- Attend Technology-Hardware Showcase
- Participate in parties!

What We Learned



- Numerous resources available from NAL and FNIC
- Searching for credible-reliable nutrition resources
- How to be subjectively-objective
- The various databases and web-based tools
- Strengthened our writing and research skills
- Unique opportunities in Dietetics by speaking with staff.

Thanks

- We are glad we had the opportunity to work with all of you!
- Our E Portfolios
 - <http://www.wam.umd.edu/~mcohen12/home.html>
 - <http://www.wam.umd.edu/~pflowers/welcome.html>

Questions ?

Monica R. Cohen



Monica R. Cohen
monica.r.cohen@gmail.com

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Welcome to my professional portfolio



The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.

Thomas Edison

Priscilla Flowers

Welcome to my Professional Electronic Portfolio!

WELCOME

HOME

BIOGRAPHY

RESUME

PROFESSIONAL
DEVELOPMENT

DIETETIC
INTERNSHIP

CLINICAL

COMMUNITY

FOOD SERVICE

INFORMATION
TECHNOLOGY

NUTRITION
RESOURCES

PHOTO
GALLERY



Dietetic Interns University of Maryland, College Park 2007-2008: (left to right): Heather Flieman, Laryessa England, Jinee Burg, Jennifer Carlson, Elizabeth Heeschen, Gina Lesako, Monica Cohen, and Priscilla Flowers

**"If you can dream it, then you can achieve it.
You will get all you want in life if you help enough other people get what they want."
Zig Ziglar**