

WHAT THE FOOD INDUSTRY, GOVERNMENT AND ORGANIZATIONS ARE DOING TO HELP BUILD A HEALTHY AMERICA: FOCUS ON THE FOOD LABEL AND NUTRIENT DENSITY

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The Food and Drug Administration/ US Department of Health and Human Services
Make Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management
<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

US Department of Health and Human Services, Public Health Service. Healthy People 2010 Progress Review: Nutrition and Overweight. 2004.
<http://www.healthypeople.gov/data/2010prog/focus19/default.htm>

FDA Obesity Working Group Report
and Related Information: Keystone Report and "Calories Count"
<http://www.cfsan.fda.gov/~dms/nutrcal.html>

Institute of Medicine

Subcommittee on Interpretation and Uses of Dietary Reference Intakes and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Institute of Medicine. A Theoretical Approach Using Nutrient Density to Plan Diets for Groups. In: Dietary Reference Intakes. Applications in Dietary Planning. Washington, DC: National Academy Press; 2003:89-106. <http://books.nap.edu/catalog/10609.html>

USDA

Dietary Guidelines for Americans 2005. Washington, DC: US Department of Health and Human Services and US Department of Agriculture
<http://healthierus.gov/dietaryguidelines>

MyPyramid
<http://www.mypyramid.gov/>

The American Dietetic Association

Obesity Leadership: Healthy Weight for Kids
http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_908_ENU_HTML.htm

Practice Paper of the American Dietetic Association: Nutrient Density: Meeting Nutrient Goals within Calorie Needs. Journal of the American Dietetic Association. May 2007. In press

