

# UNIVERSITY OF CALIFORNIA, DEPARTMENT OF NUTRITION RESOURCES

## Nutrition and Health Resources

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### Nutrition & Health Info Sheets <http://nutrition.ucdavis.edu/info/infosheets/index.html>

Nutrition & Health Info Sheets contain up-to-date information about nutrition, health, and food. They are provided in two different formats for consumer and professional users. These resources are produced by Sheri Zidenberg-Cherr and her research staff.

#### Professional

- Dietary Guidelines for Americans, 2015-2020
- Calcium
- Catechins
- Cholesterol
- Energy Drinks
- Fat
- Fiber
- Flavonols
- Food Allergies
- Gluten

- Iron
- Omega-3 Fatty Acids
- Osteoporosis
- Phytochemicals
- Phytosterols
- Prebiotics and Probiotics
- Soy
- St John's Wort
- Trans Fats
- Vegetarian Diets

#### Consumer

- Added Sugars and High Fructose Corn Syrup
- Dietary Guidelines for Americans, 2015-2020
- Catechins
- Cholesterol
- Fat
- Fiber
- Flavonols
- Gluten
- Iron & Anemia
- Phytochemicals
- Phytosterols
- Trans Fats
- Vegetarian Diets

### Nutrition Perspectives <http://nutrition.ucdavis.edu/info/perspectives/index.html>

*Nutrition Perspectives* is prepared by Sheri Zidenberg-Cherr, PhD, Nutrition Specialist, Anna M. Jones, PhD, and staff. It is designed to provide research-based information on ongoing nutrition and food-related programs. It is published quarterly (four times annually) as a service of the University of California Cooperative Extension and the United States Department of Agriculture.

## Child/School Nutrition Resources

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### Nutrition to Grow On

<http://cns.ucdavis.edu/resources/ntgo/index.html>

*Nutrition to Grow On* is an innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education. Nine lessons are designed to teach children and their families about nutrition by relating each lesson to a garden activity.

### Discovering Healthy Choices

<http://cns.ucdavis.edu/programs/shcp/discovering-healthy-choices.html>

*Discovering Healthy Choices* is a learner-centered, garden-enhanced nutrition curriculum that was developed for the Nutrition Education & Promotion component of the Shaping Healthy Choices Program.

### EatFit.net <http://www.eatfit.net/>

EatFit is an interactive application created by Dr. Mical Shilts, Marcel Horwitz, and Dr. Marilyn Townsend intended to aid middle school students in personal dietary analysis and "guided goal setting".

### Cooking Up Healthy Choices

<http://cns.ucdavis.edu/programs/shcp/cooking.html>

*Cooking Up Healthy Choices* is a learner-centered curriculum of cooking demonstrations that highlight seasonal produce and allows students to observe cooking techniques, deepen understanding of nutrition concepts, and experience recipes using all five senses.

### Healthy Choices in Motion

<https://cns.ucdavis.edu/resources/classroom/healthy-choices-in-motion>

*Healthy Choices in Motion* allows students to explore a comprehensive set of physical activity concepts, including the benefits of physical activity, recommendations across the lifespan, the five components of physical fitness, why doing a variety of physical activity is important, and what being physically active means to you.

## **Connecting the Dots... Healthy Foods, Healthy Choices, Healthy Kids!**

<http://connectingthedots.ucdavis.edu/>

Connecting the Dots is a resource guide for child care providers and teachers of preschool-aged children with an array of teaching materials that cover the Nutrition Competencies and Grade Level Expectations.

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## **Community Nutrition**

### **UCCE Community Nutrition**

<http://ucanr.org/sites/comnut/>

The UC Cooperative Extension Community Nutrition website, which provides research updates, nutrition education resources, and evaluation tools that can help those working in the community to support Americans in adopting healthy lifestyles and improving the food environment.

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## **International Nutrition**

### **Nutrition News for Africa**

<http://picn.ucdavis.edu/resources/nna.html>

Nutrition News for Africa is a monthly electronic newsletter whose aim is to disseminate state-of-the-art research and policy papers to scientists, program planners, policy makers, and opinion leaders working in the field of public health nutrition in Africa. The newsletter is prepared as a collaborative effort of Helen Keller International (HKI) and the Program in International and Community Nutrition (PICN) of the University of California, Davis.

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## **Additional Center for Nutrition in Schools Resources**

### **Focus on Food: Nutrition and Health for School Nutrition Programs**

<https://cns.ucdavis.edu/resources/training/focus-food-nutr-and-health-programs>

Focus on Food is a learner-centered nutrition curriculum designed for school nutrition program personnel, such as cooks and servers. The objective is to facilitate an understanding of nutrition concepts, while allowing participants to discover connections between recommendations and school nutrition requirements.

### **Food Safety for School Nutrition Programs**

<https://cns.ucdavis.edu/resources/training/food-safety-child-nutr-programs>

These materials are available to individuals who are interested in teaching the Food Safety for School Nutrition Programs course to school nutrition staff. This course covers major food safety concepts and regulations.

## **Nutrition Education Competencies**

<http://nutrition.ucdavis.edu/content/info/nutredcomp.pdf>

The Nutrition Education Competencies, produced by Dr. Sheri Zidenberg-Cherr's research group in collaboration with the California Department of Education, provide comprehensive goals for nutrition education for California's children. Nutrition Education Competencies are available for both Kindergarten-Grade 12 and Pre-Kindergarten groups.

## **UC Davis Human Lactation Center**

<http://lactation.ucdavis.edu/>

The UC Davis Human Lactation Center provides a focal point for communication among researchers, clinicians, policy-makers and educators to assure that the latest research-based information is made available to those working with lactating women and their infants.

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## **International and Community Nutrition Seminar Videos**

<https://picn.ucdavis.edu/seminars>

The weekly Seminar in International and Community Nutrition provides students and faculty with an opportunity to discuss research topics and programmatic issues related to international and community nutrition. The format ranges from formal presentations of research findings and programmatic experiences by outside speakers and UCD professors to informal, critical discussions of recent scientific articles or preliminary data from student or faculty research projects. Videos of selected seminars are available online.

## **Successful Menu Planning: USDA Nutrition Standards for School Meals**

<https://cns.ucdavis.edu/resources/training/plan-nutr-school-meals>

This curriculum is designed for child nutrition professionals interested in learning the current USDA Menu Planning Requirements. Topics include breakfast and lunch meal patterns, the whole grain requirement, fruit and vegetable requirements, offer versus serve, sodium requirements, and others.

## **Cal-Pro-NET Archived Webinars**

<https://cns.ucdavis.edu/resources/webinars>

These webinar presentations cover a variety of topics, including but not limited to the Dietary Guidelines 2015-2020, Offer Versus Serve, implementing a salad bar, teaching staff about nutrition, and food safety.