

Internet Health Sites

Achoo Flu: Provides useful information about flu activity in the United States
<http://www.achooflu.com/>

American Academy of Pediatrics: Provides information about childhood illnesses, diseases, and research.
<http://www.aap.org/>

American Dental Association: Provides facts about the care of teeth.
<http://www.ada.org/>

American Medical Association: Provides information about various medical topics.
<http://www.ama-assn.org/>

Action on Smoking and Health (ASH): Gives information related to smoking.
<http://www.ash.org>

Ask the Dietitian: Provides information on nutrition.
<http://www.dietitian.com>

Centers for Disease Control and Prevention: Provides statistics and other information on various health issues.
<http://www.cdc.gov/>

ConsumerLab.com: Provides independent test results, reviews, ratings, and comparisons of vitamins, supplements, herbs, and nutrition products.
<http://www.consumerlab.com>

Duke University/Student Affairs/Student Health: Applicable to anyone with questions about nutrition, sex, drinking, smoking, and other topics.
<http://www.studentaffairs.duke.edu/studenthealth>

Fast Food Finder: Allows you to scan the menus of 19 restaurants for low-fat, low-calorie, low-sodium fast foods.
<http://www.all-weightloss.net/fastfood.htm>

First Aid Online: Provides information for treatment of injuries and links to other health sources.
<http://www.prairienet.org/~autumn/firstaid/>

Food and Drug Administration: Provides food, drug, and general health information.
<http://www.fda.gov/>

Food Groups—Choose My Plate: <http://www.choosemyplate.gov/food-groups/>

Global Health Series—The Lancet: Groups of articles on topics of global health importance.
<http://www.thelancet.com/global-health>

Hardin Meta Directory of Internet Health Sources: Provides an index of Internet links on various health topics.
<http://www.infotree.library.ohiou.edu/single-records/1256.html>

Health A to Z: Contains a database on thousands of health topics.
<http://www.healthatoz.com/>

Health on the Web: Helps consumers find health information.
<http://www.healthfinder.gov>