

Healthy Living: Reliable Nutrition and Health Resources¹

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Just about every day we hear or see something in the news, in magazines, on the Internet, or on the radio or TV, about nutrition and health. But how much of what we hear or read can we believe? Sometimes it's hard for consumers to decide which information is reliable, and it's smart to be skeptical since there is a lot of nutrition **misinformation** out there. Here are a few reliable sources of food, nutrition, and health information.

Chronic Disease, Nutrition, and Health Issues

American Cancer Society: **1-800-227-2345** (English/Spanish)
American Diabetes Association: **1-800-342-2383** (English/Spanish)
American Heart Association: **1-800-242-8721** (English/Spanish)
American Institute for Cancer Research: **1-800-843-8114** (English/Spanish)
U.S. Department of Health and Human Services (HHS),
National Health Information Center: **1-800-336-4797** (English/Spanish)



Food Safety



U.S. Dept. of Agriculture (USDA) Meat and Poultry Hotline: **1-888-674-6854** (English/Spanish)

U.S. Food & Drug Administration (FDA), Center for Food Safety & Applied Nutrition Information Line (for products that do not contain meat/poultry): **1-888-SAFEFOOD (1-888-723-3366) or 1-800-332-4010**

Consumer Protection and Services for Older Adults

Dept. of Agriculture and Consumer Services, Consumer Helpline for Florida: **1-800-435-7352** (English/Spanish)
Federal Trade Commission (FTC): **1-877-382-4357** (English/Spanish)
Florida Elder Helpline: **1-800-963-5337** (English/Spanish)



You also can call your local **Extension** office, listed in the blue pages of your telephone book under county government; the Family and Consumer Sciences agent can answer your questions or refer you to other reliable sources.

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