

NUTRITION EDUCATION RESOURCES

INTERNATIONAL DIABETES CENTER MATERIALS

<http://www.parknicollet.com/healthinnovations/>

JOSLIN DIABETES CENTER

<http://www.joslin.org/>

NATIONAL INSTITUTE OF CHILD HEALTH & DEVELOPMENT

http://www.nichd.nih.gov/publications/pubs/gest_diabetes/

CALORIE KING

<http://www.calorieking.com/>

THE PLATE METHOD

<http://www.platemethod.com/index.html>

TABLE TOP NUTRITION

<http://tabletopnutrition.com/01-tabletop-home.shtml>

NATIONAL DIABETES EDUCATION PROGRAM

<http://ndep.nih.gov/index.htm>

AMERICAN DIABETES ASSOCIATION

<http://diabetes.org/home.jsp>

PORTION SIZE CARD

<http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

UNDERSTANDING FOOD LABELS

<http://www.cfsan.fda.gov/%7Edms/foodlab.html>

DETERMINING BMI AND APPROPRIATE WEIGHT GAIN

www.healthy-baby.org

SAFETY OF ARTIFICIAL SWEETENERS

<http://www.americanpregnancy.org/pregnancyhealth/artificialsweetner.htm>

COLORADO WIC PROGRAM

<http://www.cdphe.state.co.us/ps/wic/index.html>