



Neighborhood Nutrition

*Decide to be healthy*



## RESOURCES

### Nutrition and Health

The American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

Center for Science in the Public Interest  
[www.cspinet.org](http://www.cspinet.org)

Consumer Lab  
[www.consumerlab.com](http://www.consumerlab.com)

Cornell Nutrition Works  
[www.nutritionworks.cornell.edu](http://www.nutritionworks.cornell.edu)

Harvard Nutrition Source  
[www.harvard.edu/nutritionsource/](http://www.harvard.edu/nutritionsource/)

Oldways - Changing the Way People Eat  
[www.oldwayspt.org](http://www.oldwayspt.org)

The American College of Sports Medicine  
[www.acsm.org](http://www.acsm.org)

The American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

USDA -Food and Nutrition Service  
[www.nutrition.gov](http://www.nutrition.gov)

Vegetarian Resource Group  
[www.vrg.org](http://www.vrg.org)

### Food and Cooking

AllRecipes.com  
[www.allrecipes.com](http://www.allrecipes.com)

America's Green Nutritionist - Kate Geagan  
<http://kategeagan.com>

Celiac Disease Foundation - Gluten Free  
[www.celiac.org](http://www.celiac.org)

Cooking Light Magazine  
[www.cookinglight.com](http://www.cookinglight.com)

Culinate  
[www.culinate.com](http://www.culinate.com)

Delete the Wheat Gluten Free Diets  
[www.deletethewheat.com](http://www.deletethewheat.com)

Eating Well Magazine  
[www.eatingwell.com](http://www.eatingwell.com)

Epicurious  
[www.epicurious.com](http://www.epicurious.com)

Fruits & Veggie More Matters  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Meal Makeover Moms  
[www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)

Meatless Monday Campaign  
[www.meatlessmonday.com](http://www.meatlessmonday.com)

[Recipezaar](http://Recipezaar)

The Food Network  
[www.foodnetwork.com](http://www.foodnetwork.com)

The Sustainable Table  
[www.sustainabletable.org](http://www.sustainabletable.org)



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## Eating Disorder Treatment - Massachusetts

Cambridge Eating Disorder Center

[www.eatingdisordercenter.org](http://www.eatingdisordercenter.org)

Klarman Eating Disorders Center at McLean Hospital

<http://www.mclean.harvard.edu/patient/child/edc.php>

Laurel Hill Inn

[www.laurelhillinn.com](http://www.laurelhillinn.com)

MEDA- Multiservice Eating Disorders Association

[www.medainc.org](http://www.medainc.org)

Walden Behavioral Care

[www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)

## Eating Disorder Treatment - Outside of Massachusetts

Eating Disorder Treatment Finder

[www.edreferral.com](http://www.edreferral.com)

Mirasol Treatment Centers

[www.mirasol.net](http://www.mirasol.net)

Monte Nido Treatment Centers

[www.montenido.com](http://www.montenido.com)

Remuda Ranch

[www.remudaranch.com](http://www.remudaranch.com)

Rosewood Ranch

[www.rosewoodranch.com](http://www.rosewoodranch.com)

The National Eating Disorder Association

[www.nationaleatingdisorders.com](http://www.nationaleatingdisorders.com)

The Renfrew Center Foundation

[www.renfrew.org](http://www.renfrew.org)



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## Eating Disorder Recovery

About-Face

[www.about-face.org](http://www.about-face.org)

Anorexia Nervosa and Associated Disorders

[www.anad.org](http://www.anad.org)

Anorexia Nervosa and Related Eating Disorders

[www.anred.org](http://www.anred.org)

The Body Positive

[www.bodypositive.com](http://www.bodypositive.com)

Eating Disorder Hope

[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)

Eating Disorder Referrals

[www.edreferral.com](http://www.edreferral.com)

Eating Disorders

<http://www.mirror-mirror.org/eatdis.htm>

Gürze Books

<http://www.gurze.com>

Jean Kilbourne

<http://jeankilbourne.com>

Mirror Mirror - Eating Disorders

[www.mirror-mirror.org/eatdis.htm](http://www.mirror-mirror.org/eatdis.htm)

Multiservice Eating Disorders Association

[www.medainc.org](http://www.medainc.org)

Pale Reflections – Support Community

[www.pale-reflections.com/](http://www.pale-reflections.com/)

Rachel Simmons

[www.rachelsimmons.com](http://www.rachelsimmons.com)

Something Fishy

[www.somethingfishy.org](http://www.somethingfishy.org)

The Non-Diet Approach

<http://www.nourishingconnections.com/Comparing%20Traditional%20and%20Nondiet%20Approaches.pdf>

Using a Hunger Scale (K. Kratina)

[http://www.neighborhoodnutrition.com/downloads/Hunger\\_Scale\\_Kratina.pdf](http://www.neighborhoodnutrition.com/downloads/Hunger_Scale_Kratina.pdf)

## Mind Body Medical Resources

The Cambridge Insight Meditation Center

<http://www.cimc.info>

Core Yoga

<http://www.coreyoga.com>

Kripalu

<http://www.kripalu.org>

Jon Kabat-Zinn Mindfulness Meditation (Tapes & Books)

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

Mind Body Medical Institute

[www.massgeneral.org/bhi/](http://www.massgeneral.org/bhi/)

Meditation Oasis

[www.meditationoasis.com](http://www.meditationoasis.com)

The University of Massachusetts Center for Mindfulness

<http://www.umassmed.edu/Content.aspx?id=41254>

Sounds True

<http://www.soundstrue.com>