

## Multi Lingual Nutrition Information

### **Diabetes Information and Nutrition Information Links in Multiple Languages**

*Diabetes Patient Education Material in Multiple Languages, as well as audio presentations for the visually impaired:*

<http://ethnomed.org/patient-education/diabetes>

*Nutrition Information Links, as well as Other Health Education Links, in Multiple Languages:*

<http://spiral.tufts.edu/topic4.shtml#nutrition>

### **Healthy Eating Information**

*It's About Eating Right, in Spanish:*

<http://www.eatright.org/Public/content.aspx?id=10981>

*Eating Healthy and Staying Active, in Spanish:*

[http://win.niddk.nih.gov/publications/personas\\_mayors.htm](http://win.niddk.nih.gov/publications/personas_mayors.htm)

### **Diabetes Information**

*Links to Diet and Nutrition Information for Diabetics, in Spanish:*

[http://www.diabetes.niddk.nih.gov/spanish/pubs/eating\\_ez/index.aspx](http://www.diabetes.niddk.nih.gov/spanish/pubs/eating_ez/index.aspx)

### **Kidney Disease Information**

*Kidney Disease Basics, in Spanish:*

<http://nkdep.nih.gov/inicio.shtml>

### **Dietary Supplement Information**

*Information, in Spanish, from the Food and Drug Administration:*

<http://www.fda.gov/downloads/Food/DietarySupplements/UCM240979.pdf>

### **Food Safety Information**

*To Your Health: Food Safety for Seniors, in Spanish:*

<http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM182785.pdf>

*The Core Four Practices to Safe Food Handling, in Spanish*

<http://www.fightbac.org/downloads/spanish-resources>

### **Link to Nutrition Information in Chinese and English about:**

- Basic Guidelines for High Blood Pressure

- Cholesterol Content in Food
- Diabetic Diet
- Low-Fat Diet
- Iron
- Tips for Weight Control

<http://www.eatright.org/Public/content.aspx?id=5691>

### **Link to Nutrition Information in Spanish and English about**

- Get Your Plate In Shape
- Increasing Fruits, Vegetables, Whole Grains, and Dairy
- Eating Right for a Healthy Weight
- Eating Tips for Older Adults
- Smart Snacking for Adults
- Power Up With Breakfast

<http://www.eatright.org/Public/content.aspx?id=10981>

### **Health Information in Multiple Languages Link**

*Information Through the National Institutes on Health about multiple Health Topics in Many Languages :* <http://www.nlm.nih.gov/medlineplus/languages/languages.html>

### **Videos**

#### **Eating For Health:**

[http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew1\\_na\\_intro.html](http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew1_na_intro.html)

#### **Choosing Nutrient Dense Foods:**

[http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew2\\_na.html](http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew2_na.html)

#### **What to Drink As You Get Older:**

[http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew3\\_na\\_intro.html](http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew3_na_intro.html)

#### **Diabetes Self Monitoring:**

[http://nihseniorhealth.gov/diabetes/selfmonitoring/video/db2\\_na\\_intro.html](http://nihseniorhealth.gov/diabetes/selfmonitoring/video/db2_na_intro.html)

#### **Food Safety:**

<http://www.healthyroadsmedia.org/titles/EngFSSHome/EngFSSHome.htm>

#### **Link to Multiple Nutrition Videos:**

[http://www.bellinstitute.com/senior\\_nutrition\\_videos.aspx](http://www.bellinstitute.com/senior_nutrition_videos.aspx)