

# Nutrition UPDATE

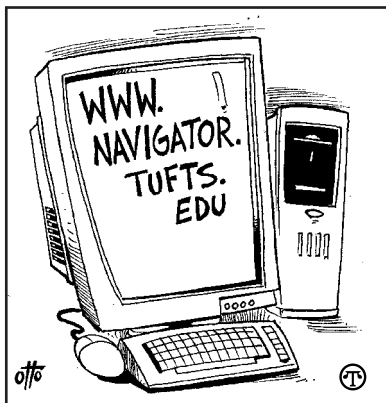
## Take The Information Superhighway To Good Nutrition

(NAPSA)—Here's some food for thought: The first online rating system and review guide for nutrition information has a new look and features. The site, Tufts Nutrition Navigator, now has sections dedicated to weight management and seniors, and also provides increased accessibility for the visually impaired and an enhanced user-friendly design.

"We added the new sections to respond to the interests of our users. Visitors to Tufts Nutrition Navigator are just one click away from reliable Web sites to guide their weight loss or to answer any number of questions about the effects of nutrition on aging or on specific dietary needs of older individuals," said Dr. Jeanne Goldberg, director of the Center on Nutrition Communication at Tufts University.

Designed by faculty and staff at the Friedman School of Nutrition and Science Policy at Tufts with guidance from an advisory board of American and Canadian nutrition experts, the site has been cited by *The Journal of the American Medical Association* as a recommended source for healthcare professionals and patients when seeking nutrition information.

It's the only online rating guide to evaluate Web sites with significant nutrition content. A team of



**Easy-to-digest information about nutrition Web sites can be seen online at [www.navigator.tufts.edu](http://www.navigator.tufts.edu).**

registered dietitians independently rate each Web site on a 25-point scale based on four criteria: accuracy, depth of nutrition information, ease of use and timeliness of updates.

In addition, the Web site's editorial team provides a brief narrative review to let users know what they will find when they get to each of the 350 sites posted. These reviews are updated every three months.

Using the site as a "front door" practically guarantees accurate and reliable nutrition information. It can be found at [www.navigator.tufts.edu](http://www.navigator.tufts.edu).