

## Appendix B.

# Eating Green Internet Resources

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**T**hese web sites will provide a wealth of information on the topics covered in *Six Arguments for a Greener Diet*. Explore!

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

### Agriculture

- U.S. Department of Agriculture      [www.usda.gov](http://www.usda.gov)  
(Agricultural Research Service, Economic Research Service, food consumption data, etc.)
- GRACE Factory Farm Project      [www.factoryfarm.org](http://www.factoryfarm.org)  
– Web animated movie      [www.thematrix2.com](http://www.thematrix2.com)
- Sierra Club (factory farms)      [www.sierraclub.org/factoryfarms/](http://www.sierraclub.org/factoryfarms/)

## Animal welfare

- Compassion in World Farming [www.ciwf.org.uk/](http://www.ciwf.org.uk/)
- Compassion Over Killing [www.cok.net](http://www.cok.net)
- Farm Sanctuary [www.farmsanctuary.org](http://www.farmsanctuary.org;); [www.factoryfarming.com](http://www.factoryfarming.com)
- Humane Society of the United States [www.hsus.org](http://www.hsus.org)
- People for the Ethical Treatment of Animals' vegetarian campaign [www.GoVeg.com](http://www.GoVeg.com);  
[www.Meat.org](http://www.Meat.org) (video)

## Antibiotics

- Alliance for the Prudent Use of Antibiotics [www.apua.org](http://www.apua.org)
- Keep Antibiotics Working [www.keepantibioticsworking.org](http://www.keepantibioticsworking.org)

## Environment

- Environmental Defense (global warming, air and water pollution, toxic chemicals) [www.environmentaldefense.org](http://www.environmentaldefense.org)
- Environmental Working Group (farm subsidies, chemical contaminants) [www.ewg.org](http://www.ewg.org)
- Monterey Bay Aquarium's Seafood Watch (choosing safe and abundant seafood) [www.mbayaq.org/cr/seafoodwatch.asp](http://www.mbayaq.org/cr/seafoodwatch.asp)
- Natural Resources Defense Council (pesticides, land use, global warming) [www.nrdc.org](http://www.nrdc.org)
- U.S. Environmental Protection Agency (pesticides, air and water pollution, etc.) [www.epa.gov](http://www.epa.gov)

## Nutrition and health

- American Institute for Cancer Research (diet and cancer; recipes) [www.aicr.org](http://www.aicr.org)
- Centers for Disease Control
  - NHANES dietary intake studies [www.cdc.gov/nchs/nhanes.htm](http://www.cdc.gov/nchs/nhanes.htm)
  - healthy recipes [www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm](http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm)

- 5 A Day (produce industry's web site, with recipes) [www.5aday.com](http://www.5aday.com)
- Harvard School of Public Health's "Nutrition Source" (reliable, independent source of information) [www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)
- National Institutes of Health
  - Medline Plus (sensible, mainstream information) [www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)
  - PubMed (abstracts of medical research) [www.pubmed.gov](http://www.pubmed.gov)
- U.S. Department of Agriculture resources (*Dietary Guidelines for Americans*, Food Guide Pyramid, food safety)
  - Nutritional value of foods [www.nal.usda.gov/fnic/foodcomp/Data/HG72/hg72\\_2002.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/HG72/hg72_2002.pdf)
  - Food and nutrient consumption [www.ers.usda.gov/Data/FoodConsumption/FoodAvailIndex.htm](http://www.ers.usda.gov/Data/FoodConsumption/FoodAvailIndex.htm)
- U.S. Food and Drug Administration (nutrition labeling, antibiotics used in livestock, contaminants in food) [www.fda.gov](http://www.fda.gov)

## Vegetarian diets

- Earthsave [www.earthsave.org](http://www.earthsave.org)
- Meatless Monday [www.meatlessmonday.org](http://www.meatlessmonday.org)
- Physicians Committee for Responsible Medicine [www.pcrm.org](http://www.pcrm.org)
- Vegetarian Resource Group [www.vrg.org/](http://www.vrg.org/)
- Vegsource [www.vegsource.com](http://www.vegsource.com)

## Where to buy or eat food that is locally grown or produced humanely

- Community-supported agriculture (subscriptions for local produce) [www.localharvest.org/csa/](http://www.localharvest.org/csa/)
- Farmers' markets [www.localharvest.org](http://www.localharvest.org)  
[www.ams.usda.gov/farmersmarkets/](http://www.ams.usda.gov/farmersmarkets/)
- Humane Farm Animal Care [www.certifiedhumane.org](http://www.certifiedhumane.org)
- Locally grown meats [www.eatwellguide.com](http://www.eatwellguide.com)

