

# Resources Mentioned in Therapeutic Diets Video

1. American Heart Association: A great resource for those with heart conditions. Get information on nutrition, lifestyle changes, and support near you.
  - a. Link: <https://www.heart.org/>
2. American Diabetes Association: Answers any questions surrounding diabetes management.
  - a. Link: <https://diabetes.org/>
3. National Kidney Foundation: Assists with clarifying confusing information related to kidney conditions, such as chronic kidney disease.
  - a. Link: <https://www.kidney.org/>
4. Mayo Clinic: A trusted resource for a variety of health information.
  - a. Link: <https://www.mayoclinic.org/diseases-conditions>
5. Cleveland Clinic: A trusted resource for a variety of health information.
  - a. Link: <https://my.clevelandclinic.org/health>
6. Center for Disease Control and Prevention: A trusted resource for a variety of health information.
  - a. Link: <https://www.cdc.gov/health-topics.html>
7. Academy of Nutrition and Dietetics: A trusted source of information for food and nutrition.
  - a. Link: <https://www.eatright.org/k>

## Other resources not mentioned in the video

1. International Dysphagia Diet Standardization Initiative (IDDSI): A trusted resource for those struggling with chewing and swallowing issues.
  - a. Link: <https://iddsi.org/Resources>
2. Eating gluten free: Helpful in learning about avoiding gluten, if needed.
  - a. Link: <https://celiac.org/gluten-free-living/gluten-free-foods/>

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