

# Let's Eat Healthy Community of Practice

## Savor the Science: Functional Health Benefits of Everyday Foods

### Resources

- **Functional Foods for Health – Colorado Cooperative Extension:**  
<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/functional-foods-for-health-9-391/>
- **The Food Matrix: More Than The Sum of its Nutrients:**  
[https://www.usdairy.com/getmedia/2c7e3fa8-db5b-4b74-b2e6-1ac750e06d1c/Food-Matrix-More-Than-the-Sum-of-its-Nutrients\\_FINAL.pdf?ext=.pdf](https://www.usdairy.com/getmedia/2c7e3fa8-db5b-4b74-b2e6-1ac750e06d1c/Food-Matrix-More-Than-the-Sum-of-its-Nutrients_FINAL.pdf?ext=.pdf)
- **National Institutes of Health Office of Dietary Supplements Consumer Fact Sheet about Probiotics:** <https://ods.od.nih.gov/factsheets/Probiotics-Consumer/>
- **Trauma-Informed Nutrition:** <https://keltyeatingdisorders.ca/wp-content/uploads/2021/10/Trauma-Informed-Nutrition.pdf>
- **Cal Fresh Healthy Living Website:**  
<https://calfresh.dss.ca.gov/healthyliving/home>
- **Dietary Guidelines for Americans:**  
<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- **Food and Drug Administration Approved Health Claims:**
  - **Authorized:** <https://www.fda.gov/food/food-labeling-nutrition/authorized-health-claims-meet-significant-scientific-agreement-ssa-standard>
  - **Qualified:** <https://www.fda.gov/food/food-labeling-nutrition/qualified-health-claims>



## Contact Information

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