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December 2005/January 2006: Nutrition

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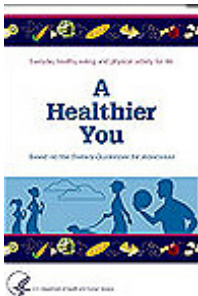


My Pyramid.gov
Steps to a Healthier You
<http://www.mypyramid.gov/index.html>

Nutrition

It's a new year. Time to get in shape and eat right. Did you know that the US Government publishes nutrition information and guides? Visit our Nutrition display on the second floor of Dacus library to see a sample of what's available to you. Then, go to the websites of the Agriculture and Food and Drug Administration Departments where you will find an abundance of nutritional information.

Items on display include:



A Healthier You, HE 20.2:H 34/32

New Release! November, 2005— From the U.S. Department of Health & Human Services, a new book on every day healthy eating and physical activity for life. The food and physical activity choices you make every day affect your health— how you feel today, tomorrow, and in the future. A

Healthier You is grounded in the comprehensive science-based advice of the official Dietary Guidelines for Americans 2005. Foreword by First Lady Laura Bush.

Making Healthy Food Choices. A1.77:250/998

National Health and Nutrition Examination Survey, 2005-2006: examination assent brochure, 7-11 years of age. HE 20.6202:N 95/18/2005

5 a Day for Better Health Program. HE 20.3152:H 34/6

Physical Fitness. GP 3.22/2:239

Who? What? Where?: Resources for Women's Health and Aging
HE 20.3852:W62

Girl Power! : How to Get It.. HE 20.402:G 44/3

Internet sites:

U.S. Department of Agriculture

<http://www.usda.gov>

- Nutrition.gov
<http://www.nutrition.gov>
- Center for Nutrition Policy and Promotion
<http://www.usda.gov/cnpp/index.html>
- Food and Nutrition Service
<http://www.fns.usda.gov/fns/>
- Food and Nutrition Information Center
<http://www.nal.usda.gov/fnic/>

United States Department of Health and Human Services

<http://www.hhs.gov/>

- U. S. Food and Drug Administration
<http://www.fda.gov>
- National Institutes of Health

<http://www.nih.gov/>

- Healthier US.Gov
<http://www.healthierus.gov>

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