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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. Deptartment 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


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

*Physical Fitness.* GP 3.22/2:239


*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

- 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

Come visit us in the Government Documents Department of Dacus Library.

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