

Sources for Nutrition Information

Information on nutrition guidance, making food choices, food labeling, and other food, nutrition, health issues, and educational resources are available from Federal Government Web sites.

For MyPyramid information:

Web site: MyPyramid.gov

Nutrition.gov

Easy access to nutrition and health Web sites from across the Federal Government

Web site: www.nutrition.gov

Food and Nutrition Information Center

USDA/National Agricultural Library

Web site: <http://fnic.nal.usda.gov>

Center for Nutrition Policy and Promotion/USDA

Web site: www.cnpp.usda.gov

Food and Nutrition Service/USDA

Team Nutrition

Web site: teamnutrition.usda.gov

Eat Smart. Play Hard.™

Web site: www.fns.usda.gov/eatsmartplayhard

Food and Drug Administration

Center for Food Safety and Applied Nutrition

For food labeling information:

Web site: www.cfsan.fda.gov