

General Nutrition and Health

- USDA's Food Guidance System, <http://www.mypyramid.gov>
- 30 MyPyramid Steps to a Healthier You, <http://lancaster.unl.edu/food/30steps.pdf>
- Dietary Guidelines for Americans, 2005, <http://www.health.gov/dietaryguidelines/>
- Asistel-Toll-free message line with practical ideas for developing healthful eating and exercise habits, <http://www.asistel.org/> Call- 1 (800) 514-4494.
- Healthy Lifestyles, <http://www.smallstep.gov>
- 12 Easy Ways to Eat 100 Less Calories Per day <http://lancaster.unl.edu/food/ftjan03.htm>
- Eating Smart-A Nutrition Resource List for Consumers, <http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html>
- Cook It Quick, <http://lancaster.unl.edu/food/ciq-search.shtml>
- Women's Health Initiative & Office of Research on Women's Health, <http://www.4woman.gov/owh>
- NIA-Eating HealthyAfter 50, <http://www.nia.nih.gov/HealthInformation/Publications/healthyeating.htm>
- Vegetarian Resources, <http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.pdf>
- National Institutes of Health: Food, Nutrition & Metabolism, <http://health.nih.gov/search.asp/29>
- American Dietetic Association, <http://www.eatright.org/Public/>
- Center for Weight & Health, <http://www.cnr.berkeley.edu/cwh/>