

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

The following is a list of online resources of government and health promotion organizations that can provide you with detailed information on nutrition and weight management issues.

United States Department of Agriculture (USDA)
www.usda.gov

USDA Food and Nutrition Service
www.fns.usda.gov/fns/

USDA Food Pyramid
www.mypyramid.gov

Center for Nutrition Policy and Promotion
www.usda.gov/cnpp

American Dietetic Association
www.eatright.org

American Heart Association
www.americanheart.org

National Dairy Council
www.nationaldairycouncil.org

Weight-control Information Network
<http://win.niddk.nih.gov>

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity
www.cdc.gov/nccdphp/dnpa/index.htm

The Obesity Society
www.obesity.org

National Institutes of Health
www.nih.gov

