

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



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