

Healthy Eating

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Resources for further information

1. Choosemyplate

- Choosemyplate.gov
- List of topics of sheets with 10 tips:
 - <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- MiniPoster
 - http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf
- <https://www.supertracker.usda.gov/myplan.aspx>

2. Food labels

- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp

3. Selected messages from Dietary Guidelines 2010

- <http://www.choosemyplate.gov/print-materials-ordering/selected-messages.html>

4. DASH Eating Plan

- http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf