

Learn More

Want to learn more about health and healthier food choices? Visit one of these Web sites.

- [US Government Nutrition Resources: A Healthier US](http://www.healthierus.gov/nutrition.html)
<http://www.healthierus.gov/nutrition.html>
HealthierUS.gov provides information to help you choose to live a healthier life.
- [US Dietary Guidelines 2005](http://www.health.gov/DietaryGuidelines/)
<http://www.health.gov/DietaryGuidelines/>
Dietary Guidelines help you choose foods that are healthy for you.
- [MyPyramid Plan](http://www.mypyramid.gov/)
<http://www.mypyramid.gov/>
MyPyramid will help you know the amount of each food group you need daily.
- [Fast Food Nutrition Information from NutritionData.com](http://www.nutritiondata.com/foods-021000000000000000000000.html)
<http://www.nutritiondata.com/foods-021000000000000000000000.html>
Find nutrition information about fast food.
- [MedlinePlus](sshhttp://www.nlm.nih.gov/medlineplus/)
<sshhttp://www.nlm.nih.gov/medlineplus/>
Read about diseases and health problems, in English and Spanish.
- [Easy-to-Read Health Materials A-to-Z](http://www.nlm.nih.gov/medlineplus/easytoread/easytoread_a.html)
http://www.nlm.nih.gov/medlineplus/easytoread/easytoread_a.html
Find easy-to-read health information.