

FOOD SERVICES Links



America on the Move

www.americaonthemove.org/

A national movement that encourages everyone to take steps towards a healthier way of life.

3-A-Day of Dairy

www.3aday.org

Launched in January of 2003 by the American Dairy Association/National Dairy Council, 3-A-Day call to action to help combat America's calcium crisis.

5 A Day for Better Health

www.5aday.com/index.htm

The 5 A Day for Better Health Program is a national nutrition program to encourage Americans to eat a variety of fruits and vegetables every day for better health

American Council on Exercise

www.acefitness.org

Sign up at the American Council on Exercise website for a free monthly health and fitness newsletter, health studies, fitness trends, nutrition and product reviews.

Food and Nutrition Topics from A to Z

www.nal.usda.gov/fnic/etext/fnic.html

This site compiled by the Food and Nutrition Information Center lets you search food and nutrition information from A to Z.

KidsHealth

www.kidshealth.org

Contains doctor-approved information about children, before birth through adolescence.