Addional Resources

Air Force Health Promotion Operations
https://kx.afms.mil/healthpromotion

American Dietetic Association
http://www.eatright.org/

American Heart Association
http://www.americanheart.org/

Human Performance Resource Center
http://hprc-online.org

Navy Fitness
http://www.navyfitness.org/

Navy & Marine Corps Public Health Center

Navy Personnel Command
http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx

U.S. Army Center for Health Promotion & Preventive Medicine

U.S. Department of Health and Human Services
Dietary Guidelines for Americans
www.healthierus.gov/dietaryguidelines

Dietary Approaches to Stop Hypertension (DASH)
www.nhlbi.nih.gov/health/public/heart/hbp/dash

U.S. Food and Drug Administration
Nutrition Facts Label
www.cfsan.fda.gov/~dms/foodlab.html

U.S. Centers for Disease Control and Prevention
www.cdc.gov/nccdphp/dnpa

U.S. Department of Agriculture
http://www.choosemyplate.gov/

http://www.nutrition.gov

U.S. Department of Veterans Affairs
http://www.nutrition.va.gov/

http://www.move.va.gov