

Additional 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

<http://www-nmcphc.med.navy.mil/main.htm>

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

<http://chppm-www.apgea.army.mil/>

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/>

