

The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Other resources

Angelina County and Cities Health District

www.acchd.us

Long Live Texans

www.longlivetexans.com

Nutrition

Centers for Disease Control and Prevention (CDC) - Nutrition Basics

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/index.htm

USDA Food and Nutrition Information Center

fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

The Dietary Guidelines for Americans, 2010

health.gov/dietaryguidelines/2010.asp

Prevention Institute – Nutrition and Health Disparities

www.preventioninstitute.org/home.html

American Dietetic Association

www.eatright.org/

CDC Fruit and Vegetable Promotion

www.fruitsandveggiesmatter.gov/

Produce for Better Health Foundation

www.fruitsandveggiesmorematters.org/

Fat And Sodium Explorer: www.americanheart.org/fatsandsodiumexplorer/explorer.html

Shopping Tips

www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Grocery-Shopping_UCM_001884_Article.jsp

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shop.htm

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/nutrition-facts.htm

Texas Department of Agriculture – Guide to Farmer’s Markets

www.picktexas.com/index.htm

Local Harvest – Guide to Local Growers

www.localharvest.org/