

## Food Service Links

MyPlate, MyWins

[www.Choosemyplate.gov](http://www.Choosemyplate.gov)

-This site has everything you need to know about the current healthy eating recommendations based on the 2015 Dietary Guidelines for Americans

USDA Food Composition Databases

<https://ndb.nal.usda.gov/ndb/>

-This site allows you to search the USDA Food Composition Databases by food item, food group, or manufacturer's name to find nutrition information for your food items.

<http://www.fruitsandveggiesmorematters.org/>

Fruits & Veggies-More Matters

5-A-Day

<http://www.fruitsandveggiesmorematters.org/>

- This site provides information on helping Americans increase fruit & vegetable consumption and the health benefits of adding more to your diet

National Dairy Council

3-A-Day

<https://www.nationaldairycouncil.org/content/2015/three-servings-of-milk-delivers-a-unique-nutrient-package>

-The 2015 Dietary Guidelines recommends three servings of low-fat or fat-free dairy products for Americans 9 years and older

Physical Activity Guidelines for Americans

<https://health.gov/paguidelines/guidelines/children.aspx>

-This is the 2008 Physical Activity Guidelines for Children and Adolescents ages 6-17

American Council on Exercise

[www.acefitness.org](http://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.