Just the Facts!
Online Resources

Team Nutrition (http://teamnutrition.usda.gov)

MyPlate (http://teamnutrition.usda.gov/myplate.html)

USDA Choose MyPlate (www.ChooseMyPlate.gov)

Let's Eat for the Health of It (http://teamnutrition.usda.gov/Resources/letseat.html)

Fuel Up to Play 60 (http://teamnutrition.usda.gov/HealthierUS/futp60.htm)

Changing the Scene – Improving the School Nutrition Environment (http://teamnutrition.usda.gov/Resources/changing.html)

USDA Recipes for Schools (http://teamnutrition.usda.gov/Resources/usda_recipes.html)

USDA Recipe Finder (http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php)

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster (http://teamnutrition.usda.gov/Resources/myplate_halfplateposter.html)

Kid-Friendly Veggies and Fruits (http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf)

Fruits and Vegetables Galore: Helping Kids Eat More (http://teamnutrition.usda.gov/Resources/fv_galore.html)

Best Practices: Handling Fresh Produce in Schools (http://www.nfsmi.org/documentlibraryfiles/PDF/20100826093915.pdf)

Let's Eat for the Health of It (http://teamnutrition.usda.gov/Resources/letseat.html)

Fruits & Veggies: More Matters (www.fruitsandveggiesmatter.gov)

Centers for Disease Control (CDC) Fruits & Veggies: More Matters (www.fruitsandveggiesmatter.gov)

Better With Beans (Legumes) (http://www.nfsmi.org/documentlibraryfiles/PDF/20120102044212.pdf)

Grains With Gusto (http://www.nfsmi.org/documentlibraryfiles/PDF/20120102044049.pdf)

Increasing Dietary Fiber (http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035930.pdf)

Salt and Sodium (http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf)

Reducing Sodium Intake (http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf)

Read It! Poster (http://teamnutrition.usda.gov/Resources/read_it.html)

Trimming the Fat (http://www.nfsmi.org/documentlibraryfiles/PDF/20120102035517.pdf)

Food and Drug Administration (FDA) *Trans* Fat at-a-Glance (http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079609.htm)

USDA Foods Toolkit (http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm)