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- Look up Calories or Nutrients in a Food
- See Dietary Guidelines for Americans
- Request Library Materials
- Ask a Question

Resources for:

- Consumers

Spotlights More...

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- Lifecycle Nutrition
- Diet and Disease
- Food Composition
- Weight and Obesity
- Food Safety
- Food Labeling
- Dietary Supplements
- Nutrition Assistance Programs
- Surveys, Reports and Research
- Professional and Career Resources

Dietary Guidelines for Americans 2010	New! Whole Grains, Milk, and Child Feeding Messages
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Let's Move!	USDA End Childhood Hunger
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Consumer Corner

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