

## Healthy Eating and Nutrition Resources

Nationwide and in California, there are several organizations that provide resources on healthy eating and nutrition. The Department of Public Health's Nutrition Program has many resources available on its website [www.lapublichealth.org/nut](http://www.lapublichealth.org/nut). Below is a list of other resources.

### Fruits & Veggies More Matters



[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

This website offers nutrition information, tips on eating healthy, and healthy cooking advice.

### HealthierUS



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

The HealthierUS initiative is a national effort to improve people's lives, prevent and reduce the costs of disease, and promote community health and wellness. The HealthierUS website provides information and tips on how to improve health habits.

### MyPyramid



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

MyPyramid provides information on how to design a personal eating plan through a detailed assessment of your food intake and physical activity level.

### Nutrition.gov



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

Nutrition.gov provides access to practical information on food, nutrition, healthy eating, physical activity, and food safety for consumers from the federal government.

### American Dietetic Association



[www.eatright.org](http://www.eatright.org)

The American Dietetic Association maintains a search engine to help patrons locate reliable, timely, and science-based food and nutrition information.

### California Obesity Prevention Initiative



[www.dhs.ca.gov/ps/cdic/copi/default.htm](http://www.dhs.ca.gov/ps/cdic/copi/default.htm)

The California Obesity Prevention Initiative (COPI) provides information on data, public guidelines and state policies related to societal, technological, and environmental influences on obesity and its associated health risks.

### California Project LEAN



[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

California Project Lean (CPL) provides resources and materials for promoting healthy eating and physical activity. CPL works with state and local leaders to conduct programs throughout California.

### California Center for Public Health Advocacy



[www.publichealthadvocacy.org](http://www.publichealthadvocacy.org)

This website houses data and reports on nutrition and physical activity, updates on legislation, and information on grassroots organizing.

