

## Safe Nutrition Web Sites

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

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

[www.cancer.org/healthy/index](http://www.cancer.org/healthy/index)

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

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

[www.superkidsnutrition.com](http://www.superkidsnutrition.com)

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

<http://blog.foodnetwork.com/healthyeats/>

Courtesy of:

Nutrition Services  
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Honesdale PA 18431  
570-253-8158



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