

Resource List for Dietary Guidance and Nutrition Information

This document contains websites and online resources for dietary guidance and general nutrition information. Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For resources on nutrition education, see the CSDE’s document, [Resource List for Nutrition Education](#). For resources on recipes and menu planning, see the CSDE’s document, [Resource List for Menu Planning and Food Production in Child Nutrition Programs](#). For additional resource lists related to food and nutrition, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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Adolescent Nutrition

A Teenager's Nutritional Needs (American Academy of Pediatrics):

<https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/A-Teenagers-Nutritional-Needs.aspx>

Nutrition in Adolescence (U.S. Department of Health & Human Services):

<https://www.hhs.gov/ash/oah/adolescent-development/physical-health-and-nutrition/healthy-behavior/nutrition-in-adolescence/index.html>

Take Charge of Your Health: A Guide for Teenagers (National Institute of Diabetes and Digestive and Kidney Diseases): <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

Teen Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/teen-nutrition>

Teens (USDA Nutrition.gov): <https://www.nutrition.gov/topics/audience/teens>

Teens Choose MyPlate (USDA Choose MyPlate):

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/students/teens>

Cultural and Ethnic Food Diversity

A Celebration of Culture: A Food Guide for Educators (Dairy Council of California):

<https://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/CulturalFoodGuide.pdf>

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators (USDA National Agricultural Library, Food and Nutrition, Information Center):

https://www.nal.usda.gov/sites/default/files/fnic_uploads/ethnic.pdf

Cultural Diversity: Approaching Families through their Food (National Center for Education in Maternal and Child Health): <https://www.ncemch.org/NCEMCH-publications/CelebratingDiversity.pdf>

Ethnic and Cultural Resources (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/ethnic-and-cultural-resources-0>

Ethnic Foods Market (Agricultural Marketing Resource Center):

<https://www.agmrc.org/markets-industries/food/ethnic-foods-market>

Ethnic/Cultural Food Pyramids (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/ethniccultural-food-pyramids>

Heart-Healthy Cooking: Healthy Latino Recipes, Home Cooking African American Style, American Indian/Alaska Native Recipes, Vietnamese Community Recipes, and Filipino Community Recipes (National Institutes of Health, National Heart, Lung and Blood Institute):

<https://healthyeating.nhlbi.nih.gov/>

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Developing Healthy Eating Habits

10 Tips: Build a Healthy Meal (USDA):

<https://www.choosemyplate.gov/ten-tips-build-healthy-meal>

10 Tips: Choose Myplate (USDA):

<https://www.choosemyplate.gov/ten-tips-choose-myplate>

Bright Futures in Practice: Nutrition (National Center for Education in Maternal and Child Health):

<https://www.brightfutures.org/nutrition/>

Choose MyPlate (USDA): <https://www.choosemyplate.gov/>

Ellyn Satter Institute: <https://www.ellynsatterinstitute.org/>

Family Style Dining Toolkit (Nemours):

<https://healthykidshealthyfuture.org/links/family-style-dining-now-available/>

Helping Children Be Good Eaters (Ellyn Satter Institute): <https://www.ellynsatterinstitute.org/wp-content/uploads/2016/11/Handout-HelpingChildrenBeGoodEaters-Child-Care-2013.pdf>

MyPlate Daily Checklist (USDA): https://choosemyplate-prod.azureedge.net/sites/default/files/myplate/checklists/MyPlateDailyChecklist_2200cals_Age14plus.pdf

MyPlate Tip Sheets (USDA): <https://www.choosemyplate.gov/resources/myplate-10-tips>

For resources on nutrition education, see the CSDE's document, *Resource List for Nutrition Education*.

Dietary Guidance

Dietary Guidance (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/dietary-guidance-0>

Dietary Guidelines (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/dietary-guidelines>

Dietary Guidelines for Americans (USDA and U.S. Department of Health and Human Services):

<https://www.dietaryguidelines.gov/>

Dietary Recommendations for Children and Adolescents: A Guide for Practitioners (American Academy of Pediatrics): <https://pediatrics.aappublications.org/content/117/2/544>

Dietary Recommendations for Healthy Children (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

Dietary Reference Intakes (National Institutes of Health, Office of Dietary Supplements):

https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx

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Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association (American Heart Association):

<https://www.ahajournals.org/doi/full/10.1161/circulationaha.109.192627>

Healthy People (U.S. Department of Health and Human Services): <https://www.healthypeople.gov/>

Position and Practice Papers (Academy of Nutrition and Dietetics):

<https://www.eatrightpro.org/practice/position-and-practice-papers/position-papers>

Early Childhood Nutrition

Caring for Connecticut's Children: Handbooks for Parents and Caregivers of Young Children - Volumes One and Two (Child Health and Development Institute of Connecticut):

<https://www.chdi.org/publications/resources/caring-connecticuts-children-handbooks-parents-and-caregivers-young-children/>

Children's Nutrition Research Center (Baylor College of Medicine, Texas):

<https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/>

Feeding Young Children in Group Settings (University of Idaho):

<http://www.cals.uidaho.edu/feeding/>

Growth Charts (Centers for Disease Control and Prevention (CDC)):

<https://www.cdc.gov/growthcharts/>

Kids Health (The Nemours Foundation): <https://kidshealth.org/>

Making Food Healthy and Safe for Children: How to Meet the Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Second Edition (The National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill):

https://www.ncemch.org/child-care-health-consultants/Part2/2-8_making_food_healthy_and_safe.pdf

Mealtime Memo for Child Care (Institute of Child Nutrition (ICN)): <https://theicn.org/icn-resources-a-z/mealtime-memo/>

National Center for Education in Maternal and Child Health (U.S. Department of Health and Human Services): <https://www.ncemch.org/>

National Center on Early Childhood Health and Wellness (U.S. Department of Health and Human Services): <https://eclkc.ohs.acf.hhs.gov/about-us/article/national-center-early-childhood-health-wellness-ncechw>

Preschool Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/preschool-nutrition>

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Toddler Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center):
<https://www.nal.usda.gov/fnic/toddler-nutrition>

Toddler Nutrition and Health Resource List (USDA National Agricultural Library, Food and Nutrition, Information Center):
https://www.nal.usda.gov/sites/default/files/fnic_uploads/toddler.pdf

WIC Works Resource System (USDA): <https://wicworks.fns.usda.gov/>

For resources on the Child and Adult Care Food Program (CACFP), see the CSDE's document, *Resource List for Child Nutrition Programs*.

Food Labels

Figuring Out Food Labels (The Nemours Foundation):
<https://kidshealth.org/en/parents/food-labels.html>

Food Labeling & Nutrition (Food and Drug Administration (FDA)):
<https://www.fda.gov/food/food-labeling-nutrition>

Food Labeling (USDA National Agricultural Library, Food and Nutrition, Information Center):
<https://www.nal.usda.gov/fnic/food-labeling>

Food Labeling Fact Sheets (USDA Food Safety and Inspection Service):
<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling>

Food Labeling Regulations, Title 21, Part 101 (FDA): https://www.ecfr.gov/cgi-bin/text-idx?SID=f12de7d8f0589e4ef37f43b4d0c7415f&mc=true&tpl=/ecfrbrowse/Title21/21cfrv2_02.tpl#0

Food Labels (USDA Nutrition.gov):
<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/food-labels>

Food Product Dating (USDA Food Safety and Inspection Service):
<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

General Information and Resources for Food Labeling (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/general-information-and-resources-food-labeling>

Guidance for Industry: A Food Labeling Guide (FDA): <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>

How to Understand and Use the Nutrition Facts Label (FDA): <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

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Label Claims for Conventional Foods and Dietary Supplements (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/label-claims-conventional-foods-and-dietary-supplements>

Labeling & Nutrition Guidance Documents & Regulatory Information Nutrition Facts Label Brochure (FDA): <https://www.fda.gov/food/guidance-documents-regulatory-information-topic-food-and-dietary-supplements/labeling-nutrition-guidance-documents-regulatory-information>

National Organic Program (NOP) (USDA Agricultural Research Service):

<https://www.ams.usda.gov/about-ams/programs-offices/national-organic-program>

Nutrient Content Claims (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/nutrient-content-claims>

Nutrition Facts Label Programs and Materials (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

Reference Amounts Customarily Consumed per Eating Occasion (RACC) (Section 101.12 of Title 21 Food and Drug Regulations):

<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.12>

Search for FDA Guidance Documents (FDA):

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents>

Teens Health: What Do Food Labels Really Say? (The Nemours Foundation):

<https://kidshealth.org/en/teens/food-labels.html>

Using the Nutrition Facts Label in the CACFP (USDA):

<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>

Healthy Snacks

10 Tips: MyPlate Snack Tips for Parents (USDA Choose MyPlate):

<https://choosemyplate-prod.azureedge.net/ten-tips-snack-tips-for-parents>

25 Healthy Snacks for Kids (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas>

Discover MyPlate: Look and Cook Recipes (USDA):

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

Healthy School Snacks (Action for Healthy Kids): https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Snacks_v3.pdf

Healthy School Snacks (Center for Science in the Public Interest):

<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

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Kid-friendly Healthy Snack Recipes (Dairy Council of California):

<https://www.healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes/Snacks>

Make Small Changes: Snacks (USDA Choose MyPlate):

<https://choosemyplate-prod.azureedge.net/node/5763>

Snack Recipes (USDA MyPlate Kitchen): [https://choosemyplate-](https://choosemyplate-prod.azureedge.net/myplatekitchen/recipes?f%5B0%5D=course%3A125&node=1)

[prod.azureedge.net/myplatekitchen/recipes?f%5B0%5D=course%3A125&node=1](https://choosemyplate-prod.azureedge.net/myplatekitchen/recipes?f%5B0%5D=course%3A125&node=1)

Suggestions for Nutritious Snacks (Texas Department of Agriculture):

<http://www.squaremeals.org/Portals/8/files/publications/Nutritious%20Snack%20Broch2.pdf>

Infant Nutrition and Feeding

10 Steps to Breastfeeding Friendly Child Care Centers Resource Kit (Wisconsin Department of Health Services): <https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf>

Breastfeeding (Centers for Disease Control and Prevention):

<https://www.cdc.gov/breastfeeding/index.htm>

Breastfeeding and Infant Nutrition in Child Care (Cooperative Extension):

<https://childcare.extension.org/breastfeeding-and-infant-nutrition-in-child-care/>

Breastfeeding Friendly Child Care Centers (New York State Department of Health):

<https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

Feeding Infants in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs>

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Infant Food and Feeding (American Academy of Pediatrics): <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/half-implementation-guide/age-specific-content/pages/infant-food-and-feeding.aspx>

Infant Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/infant-nutrition>

Licensing Toolkit: Feeding Infants (National Resource Center for Health and Safety in Child Care and Early Education):

<http://nrckids.org/default/assets/file/products/toolkits/infant%20feeding%20toolkit.pdf>

Proper Storage and Preparation of Breast Milk (Centers for Disease Control and Prevention):

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

For resources on the Child and Adult Care Food Program (CACFP), see the CSDE's document, *Resource List for Child Nutrition Programs*.

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Nutrition and Aging

Healthy Aging (Academy of Nutrition and Dietetics):

<https://www.eatright.org/health/wellness/healthy-aging>

Jean Mayer Human USDA Human Nutrition Center on Aging (Tufts University):

<https://hnrca.tufts.edu/>

MyPlate for Older Adults (Tufts University): <https://hnrca.tufts.edu/myplate/>

National Institute on Aging (National Institutes of Health): <https://www.nia.nih.gov/>

Nutrition and Aging Resources (The National Resource Center on Nutrition and Aging):

<https://nutritionandaging.org/>

Older Individuals (USDA National Agricultural Library, Food and Nutrition, Information Center

<https://www.nal.usda.gov/fnic/older-individuals>

For resources on adult day care centers in the Child and Adult Care Food Program (CACFP), see the CSDE's document, *Resource List for Child Nutrition Programs*.

Nutrition Information

Academy of Nutrition and Dietetics: <https://www.eatright.org/>

Action for Healthy Kids: <https://www.actionforhealthykids.org/>

American Academy of Pediatrics: <https://www.aappublications.org/>

American Council on Science and Health: <https://www.acsh.org/>

Botanical Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplements):

<https://ods.od.nih.gov/factsheets/list-Botanicals/>

Center for Science in the Public Interest (CSPI): <https://cspinet.org/>

Children & Families WebGuide: Expert-reviewed sites related to child development research and practical advice (Tufts University): <https://cfw.tufts.edu/>

Dairy Council of California: <https://www.healthyeating.org/Home/Referer/dairycouncilofca>

Dietary Supplements Fact Sheets (National Institutes of Health, Office of Dietary Supplements):

<https://ods.od.nih.gov/factsheets/list-all/>

Food and Nutrition Information Center (USDA National Agricultural Library):

<https://www.nal.usda.gov/fnic>

Food Nutrition & Health Education (University of Nebraska Cooperative Extension):

<https://lancaster.unl.edu/food>

Food Research and Action Center (FRAC): <https://frac.org/>

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Kids Eat Right (Academy of Nutrition and Dietetics Foundation):

<https://eatrightfoundation.org/why-it-matters/public-education/kids-eat-right/>

KidsHealth Nutrition & Fitness Center (Nemours Foundation):

<https://kidshealth.org/en/parents/center/fitness-nutrition-center.html#cat20738>

MedlinePlus Antioxidants (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/antioxidants.html>

MedlinePlus Food and Nutrition (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/foodandnutrition.html>

MedlinePlus Minerals (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/minerals.html>

MedlinePlus Vitamins (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/vitamins.html>

MedlinePlus (National Institutes of Health, U.S. National Library of Medicine):

<https://medlineplus.gov/>

National Center for Complementary and Integrative Health (National Institutes of Health):

<https://www.nccih.nih.gov/>

National Center for Weight and Wellness: <https://centerforweightandwellness.com/>

National Heart, Lung and Blood Institute (National Institutes of Health):

<https://www.nhlbi.nih.gov/>

Nutrition and Health Info Sheets (University of California.

<https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets>

Nutrition Basics (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics>

Nutrition.gov (USDA): <https://www.nutrition.gov/>

Nutritive and Nonnutritive Sweetener Resources (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/nutritive-and-nonnutritive-sweetener-resources>

PubMed (National Institutes of Health, National Library of Medicine):

<https://pubmed.ncbi.nlm.nih.gov/>

SNAP-Ed Connection (USDA): <https://snaped.fns.usda.gov/>

Spanish Language Health Information (National Institutes of Health): <https://salud.nih.gov/>

The Nutrition Source (Harvard School of Public Health):

<https://www.hsph.harvard.edu/nutritionsource/>

University of Nebraska Cooperative Extension: <http://lancaster.unl.edu/food/>

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We Can! Ways to Enhance Children's Activity & Nutrition (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/>

Vitamin and Mineral Supplement Fact Sheets (National Institutes of Health, Office of Dietary Supplement): <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>

Nutrition Myths and Fad Diets

10 Ways to Spot a Fad Diets (Wheat Foods Council): <http://wheatfoods.org/wp-content/uploads/2019/06/10WaystoSpotFadDiet.pdf>

Busted: Popular Diet Myths (WebMD): <https://www.webmd.com/diet/ss/slideshow-diet-myths>

Consumer Information Health & Fitness (Federal Trade Commission): <https://www.consumer.ftc.gov/health>

Evaluating Health Information (Medline Plus, National Institutes of Health, U.S. National Library of Medicine): <https://medlineplus.gov/evaluatinghealthinformation.html>

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine (Medline Plus): <https://medlineplus.gov/webeval/webeval.html>

Fad Diet Review Handout (Communicating Food for Health): <https://foodandhealth.com/blog/wp-content/handouts/Fad%20Diets/Fad%20Diet%20Checklist%20Copy.pdf>

Fraud and Nutrition Misinformation (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/fraud-and-nutrition-misinformation>

Health Fraud Scams (FDA): <https://www.fda.gov/consumers/health-fraud-scams>

Health Information on the Web (FDA): <https://www.fda.gov/drugs/quick-tips-buying-medicines-over-internet/health-information-web>

Quackwatch: <https://quackwatch.org/>

Some Myths about Nutrition & Physical Activity (National Institute of Diabetes and Digestive and Kidney Diseases): <https://www.niddk.nih.gov/health-information/weight-management/myths-nutrition-physical-activity>

The National Council Against Health Fraud (NCAHF): <https://www.ncahf.org/>

Weight Control Information Network (National Institute of Diabetes and Digestive and Kidney Diseases): <https://health.gov/node/136>

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Nutrition Resources for Families

Bright Futures Nutrition Family Fact Sheets (National Center for Education in Maternal and Child Health): <https://www.brightfutures.org/nutritionfamfact/>

Core Nutrition Messages (USDA):
<https://www.fns.usda.gov/core-nutrition/core-nutrition-messages>

Fact Sheets for Families (California Childcare Health Program):
<http://cchp.ucsf.edu/content/fact-sheets-families>

Family Resources (USDA National Agricultural Library, Food and Nutrition, Information Center):
<https://www.nal.usda.gov/fnic/family-resources>

Food and Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nutrition.gov/topics/audience/children/food-and-nutrition>

Food Shopping and Meal Planning (USDA Nutrition.gov):
<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/food-shopping-and-meal-planning>

MyPlate, MyWins for Families (USDA Choose MyPlate):
<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families>

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA):
<https://www.fns.usda.gov/tn/nibbles>

Nutrition and Your Child Newsletter (Children’s Nutrition Research Center, Baylor College of Medicine): <https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/news/cnrc-newsletters>

Parent Tips and Handbook (We Can! National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm#handbook>

For more nutrition resources for families, see “Games and Activities” and “Nutrition Handouts” in the CSDE’s document, *Resource List for Nutrition Education*.

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact the [Nutrition Education Coordinator](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesDietaryGuidance.pdf>.

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