Resource List for Dietary Guidance and Nutrition Information

This document includes resources and websites for dietary guidance and general nutrition information. Resources are listed by main category. Many websites contain information on multiple content areas. Additional resource lists are available on the CSDE's Resources for Child Nutrition Programs webpage.

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).

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Quick search tips: Click on the topics above to go directly to each section. Search for key words using the "Find" option in the PDF toolbar or Control + F.

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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

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

Life Stage Nutrition: Teens and Young Adults (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition

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

Teens (USDA Nutrition.gov):
https://www.nutrition.gov/topics/nutrition-life-stage/teens

Cultural and Ethnic Food Diversity

Bringing Tribal Foods and Traditions into Cafeterias, Classrooms, and Gardens (USDA):
https://www.fna.usda.gov/f2s/tribal-foods

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

Consider Community and Regional Food Preferences (Centers for Disease Control and Prevention):
https://www.cdc.gov/food-service-guidelines-toolkit/php/strategize-act/cultural-food-preferences.html

Culturally and Religiously Preferred Foods in FNA Programs (USDA):
https://www.fna.usda.gov/programs/cultural-foods-preferences

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Innovation in the Cultural Diversity of School Meals (USDA):
https://content.govdelivery.com/accounts/USFNS/bulletins/39874c4

International Nutrition (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/international-nutrition

Kosher and Halal Foods in Child Nutrition Program (USDA):
https://www.fna.usda.gov/cn/kosher-halal

School Meals Trays, Many Ways (USDA):
https://www.fna.usda.gov/tn/school-meals-trays-many-ways

> For recipe resources, refer to the CSDE's Resource List for Menu Planning and Food Production in Child Nutrition Programs.

Developing Healthy Eating Habits

Bright Futures in Practice: Nutrition (National Center for Education in Maternal and Child Health):
https://www.brightfutures.org/nutrition/

Changing Your Habits for Better Health (National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health

Do I Have To Eat That? Be a healthy role model for your child (University of New Hampshire Cooperative Extension):
https://extension.unh.edu/sites/default/files/migrated_unmanaged_files/Resource000328_Rep1528.pdf

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

Heart-Healthy Living for Children (National Institutes of Health, National Heart, Lung, and Blood Institute):
https://www.nhlbi.nih.gov/health/heart-healthy-living/children

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Helping Your Child: Tips for Parents & Other Caregivers (National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents

How to Raise a Healthy Eater (Nemours KidsHealht):
https://kidshealth.org/en/parents/habits.html

How To Teach Kids Healthy Eating Habits (Cleveland Clinic):
https://health.clevelandclinic.org/healthy-eating-for-kids

Healthy Eating Tips (Centers for Disease Control and Prevention):
https://www.cdc.gov/nutrition/features/healthy-eating-tips.html

Talking Positively At Mealtimes — Your Words Matter (Nebraska Extension, College of Agriculture, Biotechnology & Natural Resources):
https://extension.unr.edu/healthykids/pub.aspx?PubID=2907

For resources related to nutrition education, refer to the CSDE's Resource List for Child Nutrition Programs.

Dietary Guidance

Dietary Guidance (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/dietary-guidance

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

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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/10.1161/CIRCULATIONAHA.109.192627

Food and Nutrition Information Center (USDA National Agricultural Library):
https://www.nal.usda.gov/programs/fnic

Healthy People 2030 (U.S. Department of Health and Human Services):
https://health.gov/healthypeople

Human Nutrition and Food Safety (National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety

Nutrient Recommendations and Databases (National Institutes of Health, Office of Dietary Supplements):
https://ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx

Nutrition for kids: Guidelines for a healthy diet (Mayo Clinic):
https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335

Nutrition Guidelines and Recommendations (Centers for Disease Control and Prevention):
https://www.cdc.gov/nutrition/php/guidelines-recommendations/index.html

Position Papers of the Academy of Nutrition and Dietetics (Journal of the Academy of Nutrition and Dietetics):
https://www.jandonline.org/content/positionPapers

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/resource-library/tools-and-guides/caring-for-connecticuts-children-handbooks

Caring for Our Children, National Health and Safety Performance Standards (4th Edition) (American Academy of Pediatrics):
https://publications.aap.org/aapbooks/book/530/Caring-for-Our-Children-National-Health-and-Safety

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Early Child Nutrition: Resources (Centers for Disease Control and Prevention):
https://www.cdc.gov/early-care-education/php/early-child-nutrition/resources.html

Feeding Young Children in Group Settings (University of Idaho):
https://www.uidaho.edu/cals/feeding-young-children

Good Nutrition Starts Early (Centers for Disease Control and Prevention):
https://www.cdc.gov/nutrition/features/good-nutrition-starts-early.html

Growth Charts (Centers for Disease Control and Prevention National Center for Health Statistics):
https://www.cdc.gov/growthcharts/

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

Life Stage Nutrition: Preschoolers and Toddlers (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition

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

Manage Nutrition and Physical Activity (Centers for Disease Control and Prevention):
https://www.cdc.gov/early-care/treatment/index.html

Mealtime Memo for Child Care (Institute of Child Nutrition):
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 Health, Behavioral Health, and Safety (NCHBHS)(U.S. Department of Health and Human Services):
https://headstart.gov/about-us/article/national-center-early-childhood-health-wellness-ncechw

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USDA/ARS Children's Nutrition Research Center(Baylor College of Medicine, Texas):
https://www.bcm.edu/research/research-centers/usda-ars-childrens-nutrition-research-center

WIC Works Resource System (USDA):
https://wicworks.fna.usda.gov/

> For resources related to the Child and Adult Care Food Program (CACFP), refer to the CSDE's Resource List for Child Nutrition Programs.

Food Labels

Food Labeling (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/food-labeling

Food Labeling Regulations: Code of Federal Regulations Title 21, Part 101 (FDA):
https://www.ecfr.gov/current/title-21#0

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

Food Product Dating (USDA Food Safety and Inspection Service):
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating

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

Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating (FDA):
https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating

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

Resource List for Dietary Guidance and Nutrition Information

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

Labeling and Label Approval (USDA Food Safety and Inspection Service):
https://www.fsis.usda.gov/inspection/compliance-guidance/labeling

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 Education Resources & Materials: The Nutrition Facts Label (FDA):
https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials

Nutrition, Food Labeling, and Critical Foods (Food and Drug Administration [FDA]):
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods

Read the Label Youth Outreach Materials (FDA):
https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials

Reading Food Labels (The Nemours Foundation):
https://kidshealth.org/en/parents/food-labels.html

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

Resource List for Dietary Guidance and Nutrition Information

Using the Nutrition Facts Label in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/nutrition-facts-label

Healthy Snacks

CACFP Vegetable and Fruit Snack Menu (Association of State Public Health Nutritionists):
https://asphn.org/cacfp-veggie-and-fruit-snack-menu/

CACFP Snack Recipes (Child Nutrition Recipe Box):
https://theicn.org/cnrb/cacfp-snack-recipes/

Choosing Healthy Snacks for Kids (American Academy of Pediatrics)
https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx

Cook's Corner: Recipes for Healthy Snacks (Head Start.gov):
https://www.headstart.gov/oral-health/cooks-corner-recipes-healthy-snacks/cooks-corner-recipes-healthy-snacks

Discover MyPlate: Look and Cook Recipes (USDA):
https://www.fna.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 Snack Ideas (Mealtime Memo, June 2024, Institute of Child Nutrition):
https://theicn.org/wpfd_file/june-2024-mealtime-memo-healthy-snack-ideas/

Healthy school snacks: Ideas for parents, teachers, and more (Center for Science in the Public Interest):
https://www.cspi.org/highlight/healthy-school-snacks

Let's Make a Snack: Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age (USDA):
https://www.fns.usda.gov/tn/lets-make-snack

Nifty After-School Snack Ideas (Academy of Nutrition and Dietetics):
https://www.eatright.org/food/planning/meals-and-snacks/nifty-after-school-snack-ideas

Serving Snacks in the Child and Adult Care Food Program (USDA):
https://www.fns.usda.gov/tn/serving-snacks-cacfp

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Snack Inspiration: Menus with 240 Snack Ideas (Wisconsin Department of Public Instruction)
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

Suggestions for Nutritious Snacks (Texas Department of Agriculture):
https://squaremeals.org/Portals/8/files/publications/Nutritious%20Snack%20Broch2.pdf

When Should My Kids Snack? (Academy of Nutrition and Dietetics):
https://www.eatright.org/food/planning/meals-and-snacks/when-should-my-kids-snack

For resources related to the USDA Afterschool Snack Program (ASP), refer to the CSDE's Resource List for Child Nutrition Programs.

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

About Breastfeeding (Centers for Disease Control and Prevention):
https://www.cdc.gov/breastfeeding/php/about/index.html

About Infant and Toddler Nutrition (Centers for Disease Control and Prevention):
https://www.cdc.gov/infant-toddler-nutrition/about/

Breast Milk Storage and Preparation(Centers for Disease Control and Prevention):
https://www.cdc.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html

CACFP Trainer's Tools: Feeding Infants (USDA):
https://www.fna.usda.gov/tn/cacfp/trainers-tools/feeding-infants

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.fna.usda.gov/tn/cacfp/feeding-infants

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Helpful Resources Infant and Toddler Nutrition (Centers for Disease Control and Prevention):
https://www.cdc.gov/infant-toddler-nutrition/resources/index.html

Infant and Toddler Nutrition (Centers for Disease Control and Prevention):
https://www.cdc.gov/infant-toddler-nutrition/index.html

Infant Food and Feeding (American Academy of Pediatrics):
https://www.aap.org/en/patient-care/healthy-active-living-for-families/infant-food-and-feeding/

Infant Formula (USDA
https://www.fna.usda.gov/fs/infant-formula

Infants (USDA Nutrition.gov):
https://www.nutrition.gov/topics/nutrition-life-stage/infants

Life Stage Nutrition: Infants (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition

Newborn, Infant, and Early Childhood Nutrition (American Academy of Pediatrics):
https://www.aap.org/en/patient-care/newborn-infant-and-early-childhood-nutrition/

WIC Infant Nutrition and Feeding Guide (USDA):
https://wicworks.fna.usda.gov/resources/infant-nutrition-and-feeding-guide

For resources related to feeding infants in the Child and Adult Care Food Program (CACFP), refer to the CSDE's Resource List for Child Nutrition Programs.

Resource List for Dietary Guidance and Nutrition Information

Nutrition and Aging

For Seniors (Academy of Nutrition and Dietetics):
https://www.eatright.org/health/wellness/healthy-aging

Healthy Meal Planning: Tips for Older Adults (National Institute on Aging):
https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/healthy-meal-planning-tips-older-adults

Jean Mayer Human USDA Human Nutrition Center on Aging (Tufts University):
https://hnrca.tufts.edu/

Life Stage Nutrition: Older Adults (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/life-stage-nutrition

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

Nutrition for Older Adults (MedlinePlus):
https://medlineplus.gov/nutritionforolderadults.html

Nutrition and Aging Resource Center (U.S. Department of Health and Human Services):
https://acl.gov/senior-nutrition

Older Adults (USDA Nutrition.gov):
https://www.nutrition.gov/topics/nutrition-life-stage/older-adults

Using the Nutrition Facts Label: For Older Adults (FDA):
https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults

For resources related to CACFP adult day care centers, refer to the CSDE's Resource List for Child Nutrition Programs.

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Nutrition Information

10 Things to Know About Dietary Supplements for Children and Teens (National Center for Complementary and Integrative Health):
https://www.nccih.nih.gov/health/tips/things-to-know-about-dietary-supplements-for-children-and-teens

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

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

American Academy of Pediatrics Publications:
https://publications.aap.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/

Child Nutrition (MedlinePlus):
https://medlineplus.gov/childnutrition.html

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/programs/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://www.eatrightfoundation.org/resources/initiatives/kids-eat-right

KidsHealth Nutrition & Fitness Center (Nemours Foundation):
https://kidshealth.org/en/parents/center/fitness-nutrition-center.html#cat20738

MedlinePlus (National Institutes of Health, U.S. National Library of Medicine):
https://medlineplus.gov/

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

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/

PubMed (National Institutes of Health, National Library of Medicine):
https://pubmed.ncbi.nlm.nih.gov/

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SNAP-Ed Connection (USDA):
https://snaped.fna.usda.gov/

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

Sweeteners: Understand nutritive and non-nutritive sweeteners (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/food-composition/sweeteners

The Nutrition Source (Harvard School of Public Health):
https://www.hsph.harvard.edu/nutritionsource/

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

Nutrition Misinformation

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

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

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

Health Product Scams (Federal Trade Commission):
https://consumer.ftc.gov/shopping-and-donating/health

Nutrition Misinformation and Fraud (USDA Nutrition.gov):
https://www.nutrition.gov/nutrition-misinformation-and-fraud

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Quackwatch (Center for Inquiry, Inc.):
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

Nutrition Resources for Families

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

Fact Sheets for Families (California Childcare Health Program):
https://cchp.ucsf.edu/resource-category/fact-sheets-families

30 Tips to Help Your Family Eat Better (America Heart Association):
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/daily-tips-to-help-your-family-eat-better

Healthy Eating: Health Tips for Families (HeadStart.gov):
https://headstart.gov/publication/healthy-eating-health-tips-families

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA):
https://www.fna.usda.gov/tn/child-care-organization/nibbles

Nutrition and Your Child Newsletter (Children's Nutrition Research Center, Baylor College of Medicine):
https://www.bcm.edu/research/research-centers/usda-ars-childrens-nutrition-research-center/community/cnrc-newsletters

For more resources, refer to "Games and Activities" and "Nutrition Handouts" in the CSDE's Resource List for Nutrition Education.

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For more information, visit the CSDE's Child Nutrition Programs webpage or contact the child nutrition staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/resources/resources_dietary_guidance.pdf.

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CONNECTICUT
Education

Resource List for Dietary Guidance and Nutrition Information

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1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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