

## **Weight Management**

Programs that utilize one or a variety of techniques including nutrition education, exercise, special diets, behavior modification, medication or surgery to help individuals who have a weight control problem gain or lose weight to achieve a more healthful body weight and develop a lifestyle that allows them to maintain a weight.

Article

## **Dietary Guidelines for Americans 2020-2025: Consumer Resources**

Learn about the *Dietary Guidelines for Americans, 2020-2025* and explore consumer resources.

Source

[U.S. Department of Agriculture](#)

Article

## **NIH News in Health: Healthy Eating**

NIH News in Health [newsletter](#) devoted to healthy eating topics.

Source

[National Institutes of Health](#)

Links

## **CDC: Nutrition**

Source

[CDC: Nutrition](#)

Links

## **USDA: Nutrition.gov**

Source

[USDA: Nutrition.gov](https://www.usda.gov/nutrition)

Links

## **USDA MyPlate.gov**

Source

[USDA MyPlate.gov](https://www.myplate.gov)

Links

## **WebMD: Healthier Fast Food Meals**

Source

[WebMD: Healthier Fast Food Meals](https://www.webmd.com/healthy-eating/healthier-fast-food-meals)

Links

## **WebMD: Fitness & Exercise**

Source

[WebMD: Fitness & Exercise](https://www.webmd.com/fitness-exercise)

Links

## **USDA Center For Nutrition Policy and Promotion - Consumer**

Source

[USDA Center For Nutrition Policy and Promotion - Consumer](https://www.fns.usda.gov/consumer)

Links

## **International Food Information Council: Food Insight**

Source

[International Food Information Council: Food Insight](https://www.ific.org/food-insight)

Links

# American Heart Association's Nutrition Center - Recipes

Source

[American Heart Association's Nutrition Center - Recipes](#)

## **Pagination**

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 14 Results