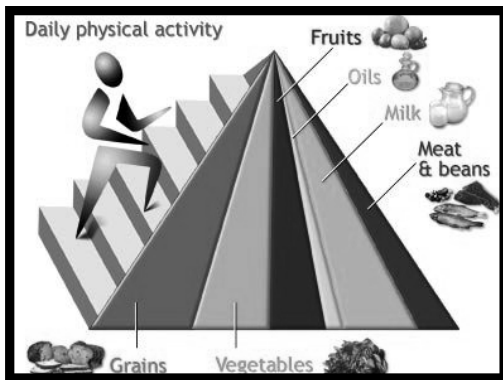


NUTRITION

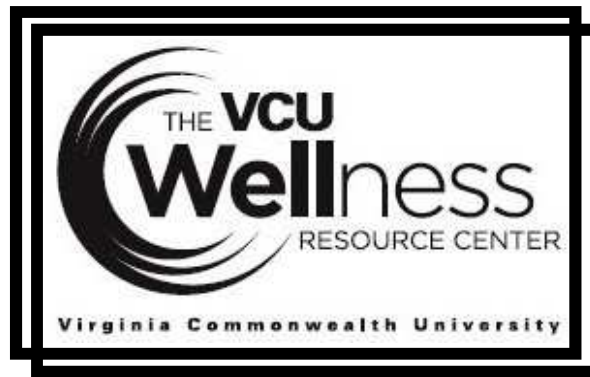


www.eatright.org The American Dietetic Association provides science-based food and nutrition information.

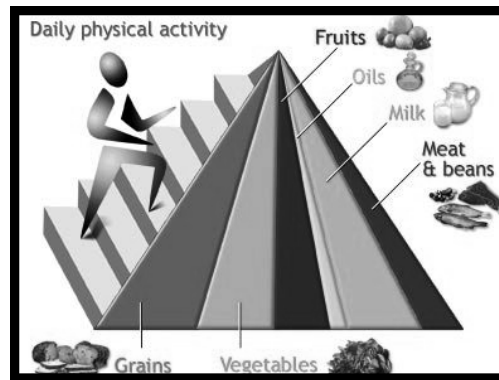
www.mypyramid.gov This USDA website contains information about the food guidance system. You can also personalize an eating plan and assess your food intake and physical activity.

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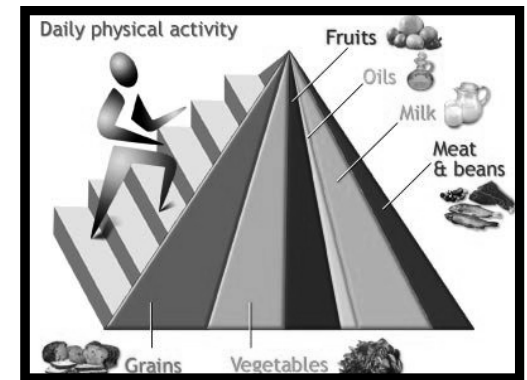
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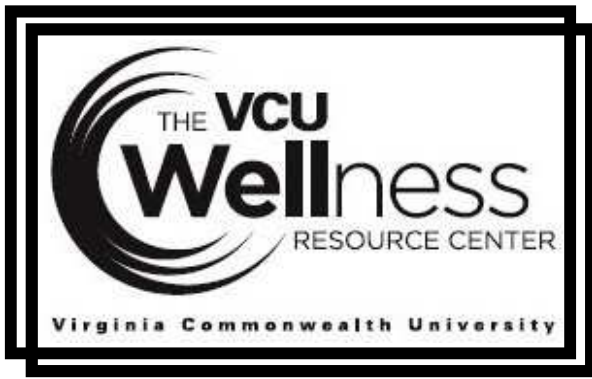


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EATING DISORDERS

www.nationaleatingdisorders.org

National Eating Disorders Association, NEDA, is dedicated to providing education, resources and support to those affected by eating disorders.

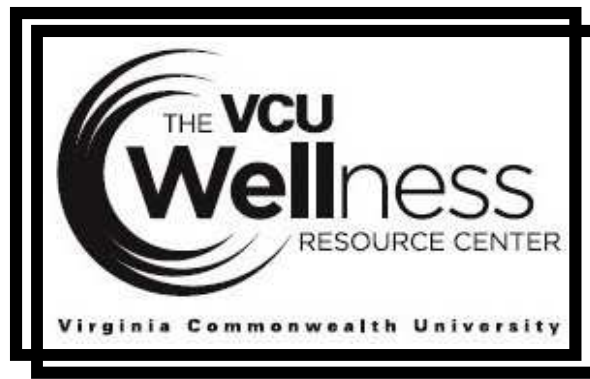
Whether you are an individual living with an eating disorder, a family member or friend looking to offer support to a loved one, or a treatment professional looking to help others — this site will help address your needs.



www.anred.org

Anorexia Nervosa and Related Eating Disorders, Inc, ANRED, is a nonprofit organization that provides information about anorexia nervosa, bulimia nervosa, binge eating disorder, and other less well-known food and weight disorders. Their material includes self-help tips and information about recovery and prevention.

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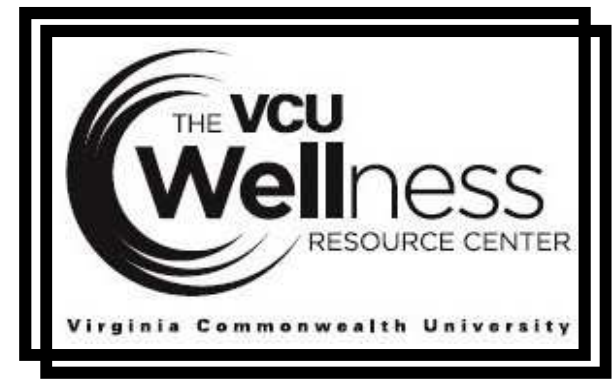
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