

Familynet International Homeschooling Resources :: Your Favorite Site

## **Nutrition**

http://www.fda.gov/consumers/consumer-updates/nutrition

The Nutrition Facts Label on food packaging is an important and easy way to get essential information to help you make healthy food choices. These FDA Consumer Updates are also a great resource for more nutrition facts, and other helpful information about the food you eat.

Date created: 2024/04/12