



# Get Connected to Free Online Resources

Be your Own nutritionists for free—

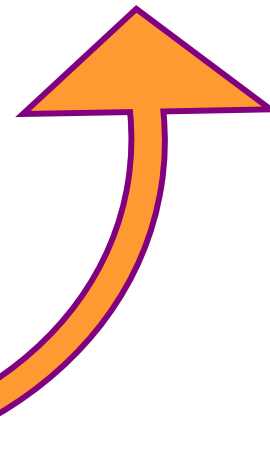
<http://hp2010.nhlbihin.net/menuplanner/menu.cgi>  
Plan three meals and one snack within your daily calorie limit with this tool from the National Heart, Lung, & Blood Institute using seven food categories.

<http://www.nal.usda.gov/fnic/foodcomp/search/>  
Search thousands of common foods and beverages for complete nutritional analyses.

<http://www.nutrition.gov>  
Find nutrition information here from multiple governmental agencies. Tips are varied to include deciphering supplement claims to reading food labels.

## Check on Your Competition!

[www.mercer.edu/payroll/GroupChallenge.html](http://www.mercer.edu/payroll/GroupChallenge.html)



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**CALORIE KING**  
BY ALLAN BORUSHEK