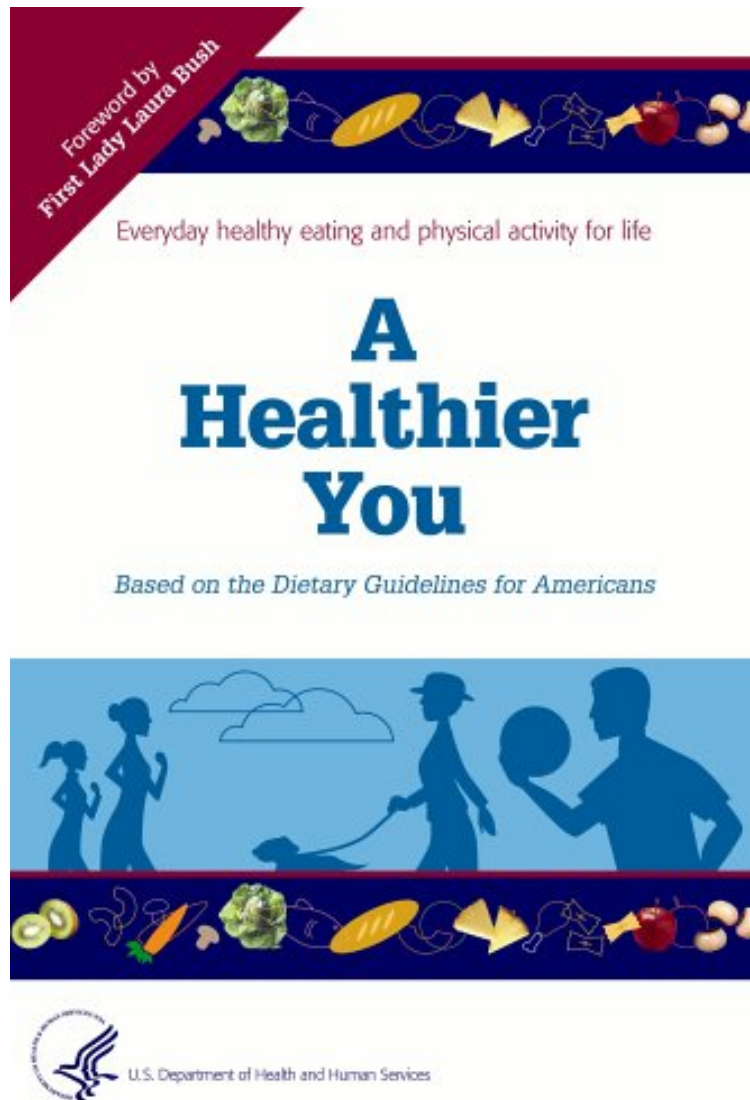


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The food and physical activity choices you make every day affect your health ndash; how you feel today, tomorrow, and in the future.nbsp; A Healthier You is grounded in the comprehensive science-based advice of the official Dietary

Guidelines for Americans 2005.

About the Author Author Bio: U.S. Department of Health and Human Services (HHS) is the premier agency in America publishing guides for health and wellness of Americans. HHS is the United States government's principal agency for protecting the health of all Americans. By law, HHS along with the U.S. Department of Agriculture are responsible for releasing a report providing nutrition and dietary guidelines for the general public (The Dietary Guidelines for Americans).