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U.S. federal guide offering access to all government web sites with reliable and accurate information on nutrition and dietary guidance.

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Menu Item: Serving Size: Calories: Protein (g) Carbs (g) Fiber (g) Sugar (g) Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Buffet Pizzas and

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## **Ask the dietitian home**

Got questions about a healthy weight, healthy eating or anything about nutrition and food? Ask Joanne Larsen, registered dietitian and nutrition therapist.

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Canada's Food Guide Canada's Food Guide outlines a healthy pattern of eating based on four important food groups that Canadians should eat every day.

### **Choosemyplate.gov**

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### **Pcos: the dietitian's guide: angela grassi, ms,**

Angela Grassi, MS, RD, LDN is the author of PCOS: The Dietitian's Guide, and is co-author of The PCOS Workbook: Your Guide to Complete Physical and Emotional Health.

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