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**Medical Nutrition Therapy      Weight Loss & Life Style Management      Wellness Nutrition**

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RESOURCES NUTRITION LABEL

<https://foodinsight.org/the-nutrition-facts-label-its-history-purpose-and-updates/>

<https://medlineplus.gov/ency/article/002459.htm>

<https://www.ncbi.nlm.nih.gov/books/NBK209859/>

<https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>

<https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label#:~:text=On%20May%2027%2C%202016%2C%20the%20FDA%20published%20final,for%20consumers%20to%20make%20better%20informed%20food%20choices.>