- ***Nutrition Program Fact:***
  How To Apply: People who want to apply for any of the nutrition assistance programs that FNS operates must do so through the appropriate State or local agency. In general, applicants for the largest programs should contact the following:
  - *Food Stamp Program: Contact the State welfare agency. Food stamp offices may be listed in the telephone book under "food stamps," "social services," "human services," or some similar term.*
  - *National School Lunch or School Breakfast Program free and reduced-price meals: Contact the neighborhood school or local school district.*
  - *WIC program: Contact State or local public health offices.*

  For programs not listed above, State and local welfare agencies, health departments, or education agencies can provide information about what programs are available and how and where to apply. Local Congressional representatives' offices may also be able to provide assistance in contacting the appropriate agency.

The CGA director reports to the Under Secretary for Food, Nutrition, and Consumer Services, and receives managerial and administrative support from FNS.

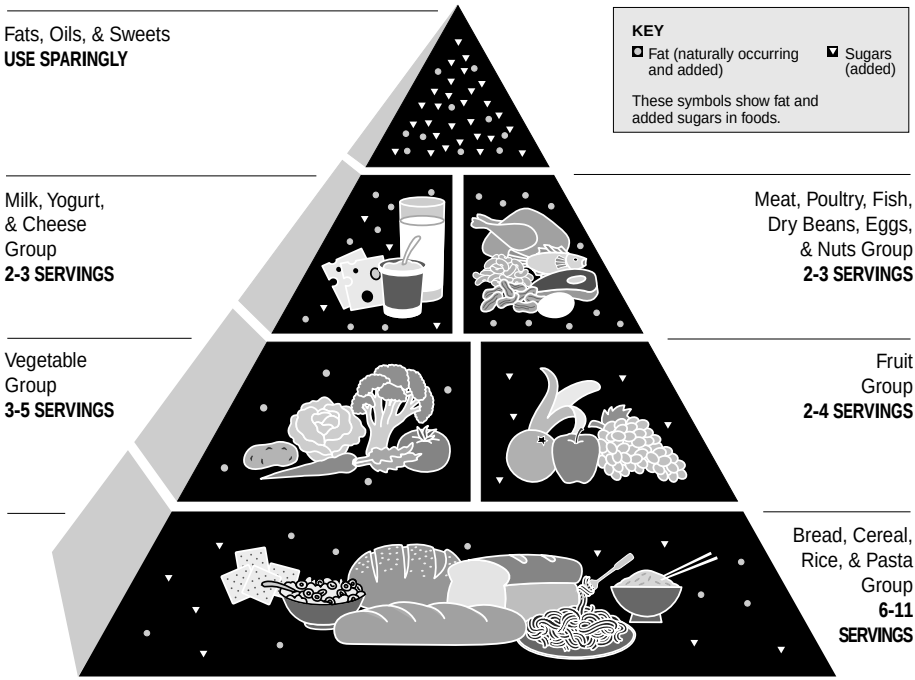
Center for Nutrition Policy and Promotion

The Center for Nutrition Policy and Promotion was established in December 1994 to provide direction and coordination for USDA's nutrition research and policy activities. The Center's mission is to enhance the nutritional status of Americans by linking scientific research to the nutritional needs of the American consumer. Nutrition research is translated into information and materials for nutrition educators and policy makers, health professionals, private companies, and consumers to increase public knowledge and understanding of the importance of nutrition and how to improve diet quality.

The Center is best known for the *Dietary Guidelines for Americans*, *The Food Guide Pyramid*, *The Food Guide Pyramid for Young Children*, *The Healthy Eating Index*, and *Expenditures on Children by Families*. These and other products developed by the Center are available at the Center's web site at *www.usda.gov/cnpp*.

The Center is an independent resource in USDA which reports to the Under Secretary for Food, Nutrition, and Consumer Services and works cooperatively with other parts of the Department to provide strategic planning and coordination for education and nutrition policy. The Center receives administrative support from FNS. Its funding for FY 1999 is $2.5 million.

The Food Guide Pyramid



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

WHAT COUNTS AS A SERVING?

Food Groups

Bread, Cereal, Rice, and Pasta		
1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta

Vegetable		
1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice

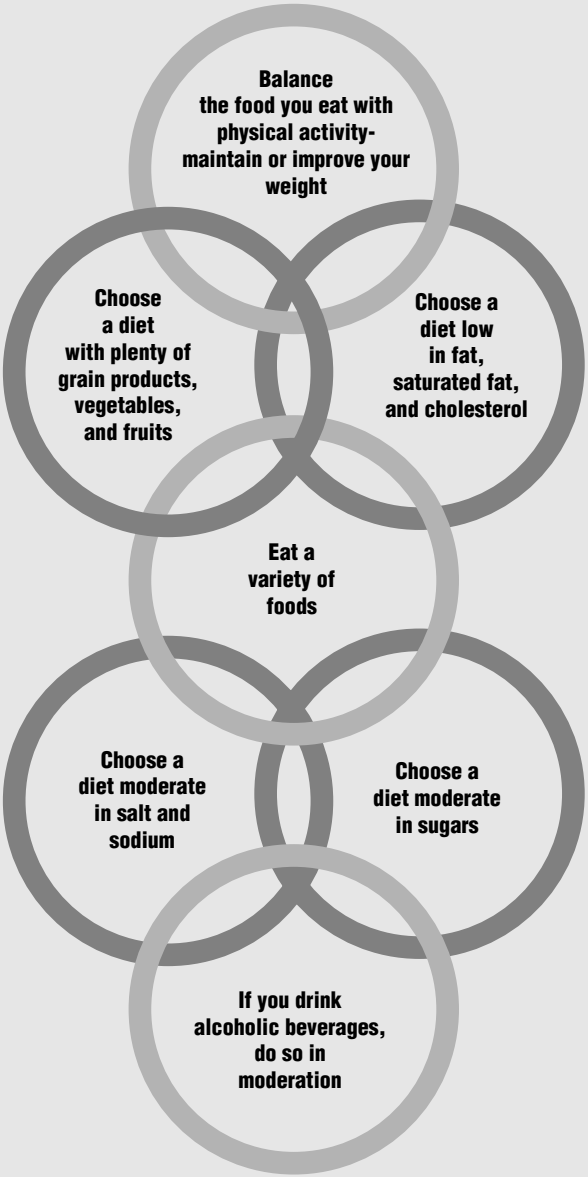
Fruit		
1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice

Milk, Yogurt, and Cheese		
1 cup of milk or yogurt	1-1/2 ounces of natural cheese	2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	
2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

Nutrition and Your Health:

Dietary Guidelines for Americans



U.S. Department of Agriculture
U.S. Department of Health and Human Services