

Web Sites

California Food Guide

<http://www.dhcs.ca.gov/formsandpubs/publications/Pages/CaliforniaFoodGuide.aspx>

San Mateo County Public Health Nutrition

<http://www.co.sanmateo.ca.us/portal/site/health/menuitem.63d268567f431a8d74452b31d17332a0/?vgnnextoid=046d67387326a210VgnVCM1000001937230aRCRD&vgnextfmt=DivisionsDetail&cpsextcurrchannel=1>

United States Department of Agriculture (USDA) Dietary Guidelines

<http://www.mypyramid.gov/guidelines/index.html>

U.S. Department of Health and Human Services, Office on Women's Health: Polycystic Ovary Syndrome (PCOS)

<http://www.womenshealth.gov/faq/polycystic-ovary-syndrome.pdf> or

<http://www.girlshealth.gov/body/pcos/index.cfm>

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