

Web site encourages health

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BALTIMORE -

Eating right and being active can help you to feel better, improve your health and prevent disease, according to an online resource from the University of Maryland, College Park and Maryland Cooperative Extension. All services on the site, www.eatsmart.umd.edu are free, including tips on how to shop for, plan and cook healthy meals.

“There are many ideas and links to healthy recipes that parents can use to get their kids to play an active role in the kitchen,” said Dr. Nancy Atkinson at the University of Maryland.

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