The Dietary Guidelines Alliance has released an updated digital edition of the *It’s All About You* teaching toolkit to help nutrition communicators convey positive, simple and consistent nutrition and health messages to consumers. The *Tool Kit*, which consists of a booklet, fact sheets and slide presentation, includes new, consumer-tested messages that provide practical advice on how to apply the Dietary Guidelines in our lives.

*It’s All About You* can be downloaded from: www.foodinsight.org