

Nutrition Web Sites

The following Web sites contain general information on healthy eating as well as information on whole grains, fruits and vegetables, and healthy fat. These Web sites include those operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

Healthy Eating

American Cancer Society

ACS Guidelines for Eating Well and Being Active

The American Cancer Society Web site offers guidelines for healthy eating and physical activity, covering both individual and community actions that may help prevent cancer.

www.cancer.org/docroot/PED/ped_3_1x_ACS_Guidelines.asp?sitearea=PED

American Diabetes Association (ADA)

Nutrition and Recipes

The ADA Web site offers nutrition information and recipes for people with diabetes; materials on the ADA Web site include a guide to making healthy food choices and a guide to eating out.

www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp

American Dietetic Association (ADA)

Food and Nutrition Information

The ADA Web site provides food and nutrition information for health professionals and consumers.

www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html

American Heart Association

Diet and Nutrition

The American Heart Association Web site provides heart-healthy diet and lifestyle recommendations as well as recipes and shopping tips.

www.americanheart.org/presenter.jhtml?identifier=1200010

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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American Institute for Cancer Research (AICR)

AICR is a nonprofit organization that sponsors research on diet and cancer. Its Web site provides information on the link between diet and cancer and on the ways to reduce cancer risk. AICR also offers a nutrition hotline staffed by registered dietitians.

www.aicr.org

Center for Children’s Health Media, The Nemours Foundation

KidsHealth

KidsHealth, a Web site focused on the health of children and teenagers, has nutrition and fitness information for children, teenagers, and parents.

Kids: www.kidshealth.org/kid/stay_healthy/fit/nutrition_center.html

Teenagers: www.kidshealth.org/teen/food_fitness/

Parents: www.kidshealth.org/parent/nutrition_fit/index.html

Centers for Disease Control and Prevention

BAM! Body and Mind

The BAM! Web site, designed for children aged 9 through 13, provides information on nutrition and other health topics.

www.bam.gov

Centers for Disease Control and Prevention (CDC)

Nutrition Topics

This Web site links to several CDC nutrition-related resources, including tips for healthy eating, healthy weight maintenance, breast feeding, and improved bone health.

www.cdc.gov/nccdphp/dnpa/nutrition/index.htm

Centers for Disease Control and Prevention (CDC), Department of Health and Human Services’ Office on Women’s Health, and the National Osteoporosis Foundation

Powerful Girls Have Powerful Bones

This Web site, part of the National Bone Health Campaign, helps girls learn that doing weight-bearing physical activity and eating calcium-rich foods can be fun and can help build strong bones. The Web site includes quizzes, games, recipes, and ideas for weight-bearing physical activity.

www.cdc.gov/powerfulbones/

Center for Science in the Public Interest (CSPI)

Smart Mouth

The Smart Mouth Web site, CSPI’s nutrition Web site for children and teenagers, features fun facts about food and the food industry, as well as nutrition-related games, recipes, and articles.

www.cspinet.org/smartmouth/index1.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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

Dietary Guidelines for Americans 2005

The *Dietary Guidelines for Americans* advises people aged 2 years and older about how good dietary habits can promote health and reduce the risk for major chronic diseases.

www.healthierus.gov/dietaryguidelines/

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

Finding Your Way to a Healthier You

This consumer brochure, which is based on the *Dietary Guidelines for Americans 2005*, offers nutrition and physical activity advice aimed at reducing the risk of chronic diseases.

www.health.gov/DietaryGuidelines/dga2005/document/html/brochure.htm

PDF form: www.health.gov/DietaryGuidelines/dga2005/document/pdf/brochure.pdf

Harvard Prevention Research Center on Nutrition and Physical Activity (HPRC)

HPRC works with community partners to design, implement, and evaluate programs that improve nutrition and physical activity and that reduce overweight and chronic disease risk among children and youth.

www.hsph.harvard.edu/prc/

National Heart Lung and Blood Institute (NHLBI)

Portion Distortion

The Portion Distortion quiz graphically illustrates the supersizing of food portion sizes over the past 20 years. The site also offers a handy, downloadable serving size information card to help people remember what a standard serving of food looks like.

<http://hp2010.nhlbihin.net/portion/index.htm>

Serving size card: <http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

The Nutrition Source, Harvard School of Public Health

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. The Nutrition Source explores the latest science about healthy eating for adults; topics covered include healthy fat and carbohydrate, fruits and vegetables, protein, calcium, alcohol, type 2 diabetes, healthy weight, and exercise.

www.hsph.harvard.edu/nutritionsource/

Office on Women's Health, U.S. Department of Health and Human Services

GirlsHealth

The GirlsHealth Web site, designed for girls aged 10 to 16, has information on nutrition, fitness, and other health topics. The site also has a section for parents and caregivers and a section with classroom materials.

www.4girls.gov

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Public Broadcasting Service

PBS TeacherSource

The PBS TeacherSource Web site has more than 3,000 free lesson plans and activities that teachers can download, including nutrition and fitness lesson plans for all grade levels.

www.pbs.org/teachersource/health.htm

U.S. Department of Agriculture (USDA), Food and Nutrition Service

Eat Smart. Play Hard.

The Eat Smart. Play Hard. campaign encourages children, parents, and caregivers to eat healthy and be physically active every day. The Web site has activity sheets, videos, and games (based on MyPyramid.gov) for children; health-promoting tips and online tools for parents and caregivers; and promotional materials for professionals.

www.fns.usda.gov/eatsmartplayhard

U.S. Department of Agriculture (USDA)

Food and Nutrition Information Center

The Food and Nutrition Information Center has information on many nutrition topics such as diet and disease, food labeling, food composition, food safety, healthy weight, and obesity. The site includes links to diet assessment tools and to a database of the calories and nutrients found in foods.

http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4

U.S. Department of Agriculture (USDA)

MyPyramid.gov

The USDA's MyPyramid.gov food guidance system provides information on nutrition and physical activity for adults and children.

www.mypyramid.gov

U.S. Department of Agriculture (USDA), Food and Nutrition Service, and the Food and Drug Administration

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

This guide is designed for after-school program leaders who work with children aged 11 to 13. The downloadable guide contains activities, posters, and other materials aimed at improving children's nutrition and physical activity.

www.fns.usda.gov/tn/resources/power_of_choice.html

We Can! (Ways to Enhance Children's Activity and Nutrition)

Good Food That's Good for You

We Can! is a federal program that gives parents and caregivers tools for promoting healthy weight in children. The We Can! Web site offers suggestions for healthy eating, including the guide to GO, SLOW, and WHOA foods for making healthy choices.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/good-food.htm

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Fruits and Vegetables

New Hampshire Department of Education and Department of Health and Human Services *5 A Day Quantity Recipe Cookbook*

This online cookbook offers quantity-size and family-size recipes featuring fruits and vegetables; the quantity recipes use USDA commodity foods and are kid tested.

www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf

American Cancer Society

Fruits and Vegetables: Do You Get Enough?

The American Cancer Society Web site offers suggestions for getting 5 or more servings of fruits and vegetables every day.

www.cancer.org/docroot/PED/content/PED_3_2X_Hints_for_Eating_Smart_with_Fruits_and_Vegetables.asp

American Heart Association

Vegetables and Fruits

The American Heart Association Web site offers recommendations for fruit and vegetable intake, as well as tips for buying and preparing fruits and vegetables.

www.americanheart.org/presenter.jhtml?identifier=4774

Centers for Disease Control and Prevention

Nutrition for Everyone: Fruits and Vegetables

This Web site has suggestions for incorporating fruits and vegetables into the diet, a fruit and vegetable recipe database, and advice on how to use fruits and vegetables to manage weight.

www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/fruits_vegetables/index.htm

Centers for Disease Control and Prevention

Fruits and Veggies Matter

The Centers for Disease Control and Prevention and Produce for Better Health are leading the Fruits and Veggies—More Matters health initiative, a public–private nutrition education effort to promote consumption of fruits and vegetables. This Web site lets individuals calculate their daily fruit and vegetable requirements, based on their gender, age, and activity level. It also offers serving size information, fruit and vegetable recipes, and downloadable brochures in English and Spanish.

www.fruitsandveggiesmatter.gov/

The Nutrition Source, Harvard School of Public Health

Fruits and Vegetables

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article provides an overview of the latest research on the health benefits associated with eating fruits and vegetables; it also addresses cardiovascular disease, blood pressure, cancer, and blood cholesterol.

www.hsph.harvard.edu/nutritionsource/fruits.html

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Produce for Better Health Foundation

Fruits and Veggies—More Matters

Produce for Better Health and the Centers for Disease Control and Prevention are leading the Fruits and Veggies—More Matters health initiative, a public–private nutrition education effort to promote consumption of fruits and vegetables. This Web site offers information on the benefits of eating fruits and vegetables and how to select them, as well as teaching tools and recipes.

www.fruitsandveggiesmorematters.org/

National Cancer Institute

Body and Soul

Developed for African American churches, the Body and Soul program promotes eating a healthy diet, emphasizing consumption of fruits and vegetables. All program materials can be downloaded from this Web site; the site also includes a useful image library with high-quality photos of fruits and vegetables, African American families, and other illustrations.

www.bodyandsoul.nih.gov/index.html

U.S. Department of Agriculture (USDA)

MyPyramid.gov

USDA's MyPyramid.gov Web site provides information on nutrition and physical activity for adults and children. MyPyramid.gov has information on fruit and vegetable serving sizes, recommended intake, and health benefits, as well as tips to increase fruit and vegetable consumption.

www.mypyramid.gov/pyramid/fruits.html

www.mypyramid.gov/pyramid/vegetables.html

Whole Grains

The Nutrition Source, Harvard School of Public Health

Going With the (Whole) Grain

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article discusses the health benefits of eating whole grains, explains the glycemic index and glycemic load, and offers tips for choosing healthy carbohydrate.

www.hsph.harvard.edu/nutritionsource/carbohydrates.html

Linus Pauling Institute, Oregon State University

Micronutrient Information Center: Whole Grains

This Web site has information on the role of whole grains in disease prevention, the recommended intakes for whole grains, and the ways to increase whole-grain consumption.

<http://lpi.oregonstate.edu/infocenter/foods/grains/>

U.S. Department of Agriculture (USDA)

MyPyramid.gov

The USDA's MyPyramid.gov Web site provides information on nutrition and physical activity for adults and children. MyPyramid.gov has tips on adding whole grains into the diet.

www.mypyramid.gov/pyramid/grains_tips.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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Healthy Fat

American Heart Association

Fat

The American Heart Association Web site describes its recommendation on fat intake, which includes limiting saturated fat consumption to no more than 7% of total calories.

www.americanheart.org/presenter.jhtml?identifier=4582

The Nutrition Source, Harvard School of Public Health

Fats and Cholesterol—The Good, the Bad, and the Healthy Diet

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. This article discusses the different types of fats found in food and their relationship to blood cholesterol and heart disease.

www.hsph.harvard.edu/nutritionsource/fats.html

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).