

Online Resources to Help Families Make Healthy Food Choices

American Dietetics Association

www.eatright.org

- Click on “[Find a Dietitian](#)” (On the far Right of the Screen)
 - Find a dietitian with pediatric weight management experience or that specialize in other areas of nutrition.
- Read articles on a variety of topics, find healthful recipes, and locate resources for parents and healthcare providers.

www.myeatsmartmovemore.com

- Provides educational material on serving sizes, tips for better sleep, portion control, increasing activity, dining out and much more. Take a quiz to see how you balance eating smart and moving more. Following the quiz, personalized guidance is provided to help you achieve greater success. Developed by North Carolina’s Department of Health and Human Services

www.fatcalories.com

- The Fast Food Explorer database contains the nutrition facts information of twelve of America's most popular fast food chains. Users have the option to: 1) select a single fast food restaurant or multiple restaurants, 2) filter for specific fast food items like 'hamburgers' or 'shakes', 3) select a nutritional component to focus search, i.e. 'calories', 'saturated fat', or 'sodium'. Very helpful in making smart fast food decisions.

<http://healthydiningfinder.com>

- Helps identify healthier restaurant choices from fast food to fine dining
- Dietary analysis of menu item
- Restaurant search is conducted by zip code, city and state or price
- Also provides links that promote healthy eating

www.chooseMyPlate.gov

- Based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.
- MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.
- It features selected messages to help consumer focus on key behaviors, and includes much of the consumer and professional information formerly found on MyPyramid.gov.
- Provides interactive games, analyses of your diet and activity, professional resources, handouts, Ten Tips Educational Series, menus, and information for targeted audiences.

www.nichq.org

- Access toolkits, and healthcare provider and parent resources. Helps families access information on obesity, ADHD, autism, breast feeding, improving neonatal outcomes, epilepsy, sickle cell disease, and assisting families with special needs children

www.healthychildren.org

- American Academy of Pediatrics parenting corner for information on helping families stay healthy

<http://www.letsgo.org>

- Provides resources to families, healthcare providers, schools, daycares, and employers
- Handouts, posters, worksheets, and tool kits based on the “5210 Everyday Plan” (5 fruits and veggies, 2 hours TV/day, 1 hour of activity, & 0 sugar sweetened drinks).

www.smallstep.gov

- Developed by the U.S. Department of Health & Human Services
- Tips, resources, and links to other quality websites for families to encourage healthy lifestyle changes. Material written in both English and Spanish.

www.fruitsandveggiesmorematters.org

- Excellent resource that encourages healthy eating for families with children. Provides lots of interactive activities, 30 min recipes, kid friendly recipes, fruit and veggie recipes, interactive games, artwork, activity sheets, how to get kids involved in cooking, and healthy eating worksheets for parents and programs for schools.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan

- **We Can!** (Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight.

Favorite Books to promote healthy eating:

Child of Mine Feeding with Love and Good Sense

How to Get your Kid to Eat... But Not too Much

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