

Nutrition and Health Web Resources for Teens

Nutrition and Health Sites	
Have a Bite Cafe: Select foods and learn the nutrition values! From: Washington State Dairy Council	http://exhibits.pacsci.org/nutrition/noflash_nutrition.html
International Food Information Council Foundation An interactive website	http://kidnetic.com/
PBS Kids... Food Advertising	http://pbskids.org/dontbuyit/advertisingtricks/
NC Eat Smart Move More Website Link to Fast Food and Families-an interactive website to select fast food items (Food Court) and learn the nutrition values!	http://www.fastfoodandfamilies.com/
Teen Health By Nemours , a nonprofit organization devoted to child health	http://kidshealth.org/teen/
Girls Health – for ages 10-16 years Dept of Health and Human Services	http://girlshealth.gov/
Young Women’s Health: From Children’s Hospital Boston Resources on nutrition, fitness, emotional and sexual health	http://www.youngwomenshealth.org/
Young Men’s Health: From Children’s Hospital Boston Resources on nutrition, fitness, emotional and sexual health	http://www.youngmenshealthsite.org/
Nutrition Analysis Sites	
Energy Needs From Food Science and Human Nutrition Department at University of Illinois	http://nat.illinois.edu/energy/daily.html
Nutritional Analysis Tool from Food Science and Human Nutrition Department at University of Illinois	http://nat.illinois.edu/mainnat.html
USDA My Pyramid Food Tracker	http://www.mypyramidtracker.gov/Default.aspx?Module=6
Calories Burned A commercial site, but gives information on energy balance.	http://calorielab.com/burned/