

Nutrition Web Resources for Parents

Fast foods and families: Go to this link and it will open the restaurant link where you can select foods and see the nutrition information for your choices	http://www.eatsmartmovemorenc.com/FastFoodAndFamilies/FastFoodAndFamilies.html
Washington State Dairy Council: See the "Have a Bite Café" and check out the choices as you put them on the tray.	http://www.eatsmart.org/games/game.htm
Children's Medical Center in Texas-Web link to choices for school and restaurant foods	http://www.childrens.com/PatientsFamilies/News/EatingHealthyAt_Dec132007.cfm#
Head Start Body Smart-See monthly activities calendar	http://www.headstartbodystart.org/
Be Well Moms-messages for parents to support healthful kids	http://www.bewellbook.org/
Weight Control Information Network-a link to government resources.	http://www.win.niddk.nih.gov/index.htm
Ellyn Satter-the dietitian/counselor who has written much on child feeding	https://ellynsatter.com/about.jsp
Keeping your family mentally healthy and drug free See family mealtime suggestions	http://family.samhsa.gov/default.aspx
Action for Healthy Kids-non-profit website devoted to child health issues. Focus on children and weight.	http://www.actionforhealthykids.org/