

Links: Nutrition

American Dietetic Association

www.eatright.org/

2005 Dietary Guidelines for Americans

www.healthierus.gov/dietaryguidelines/

Dietetics Online

www.dietetics.com/

Dole 5 A Day – Kids

www.dole5aday.com

Eat 5 to 9 a Day for Better Health campaign, National Cancer Institute

www.5aday.gov/homepage/index_content.html

FDA/Center for Food Safety and Applied Nutrition (CFSAN)

www.cfsan.fda.gov/list.html/

Five-A-Day for Better Health

www.dcps.nci.nih.gov/5aday

Fight Bac food safety information

www.fightbac.org/

Food safety for kids interactive quiz

www.fda.gov/oc/opacom/kids/default.htm

Healthy Body Calculator

www.dietitian.com/

How to read a recipe

www.kidshealth.org/kid/stay_healthy/food/read_a_recipe.html

How to Understand and Use the Nutrition Facts Label

www.cfsan.fda.gov/~dms/foodlab.html

Interactive Menu Planner

<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

Kelloggs
www.Kelloggs.com

Kid-friendly Recipes
www.kidnetic.com
www.allrecipes.com
www.cookingwithkids.com
www.familyfun.com
www.fgoodnetwork.com

Kids Health interactive site
www.kidshealth.org/kid/

National Institute of Health
<http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

Menu planning for the day when using MyPyramid tracker
http://teamnutrition.usda.gov/resources/mpk_worksheet.pdf

Menu Planning Table
www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/Tools/menuplanningtable.htm

Menu planning using Idaho Plate method
www.platemethod.com/downloads.html

Menu Planning Worksheet
http://teamnutrition.usda.gov/resources/mpk_worksheet.pdf

MyPyramid.gov
www.mypyramid.gov

MyPyramid for Kids coloring page
http://teamnutrition.usda.gov/resources/mpk_coloring.pdf

MyPyramid fish game cards
http://teamnutrition.usda.gov/Resources/go-fish_color.pdf

MyPyramid for Kids poster
http://teamnutrition.usda.gov/Resources/mpk_poster.pdf

MyPyramid Tracker
www.mypyramidtracker.gov

National Corn Growers Association
www.ncga.com

National Food Service Management Institute
www.olemiss.edu/depts/nfsmi

National Institutes of Health Milk Matters, Calcium Education Campaign Kids Page
www.nichd.nih.gov/milk/kidsteens.cfm

Nutrition
www.nutrition.gov

Portion Distortion
<http://hp2010.nhlbihin.net/portion>

Parts of a plant we eat
www.jmu.edu/biology/k12/garden/parts.htm

Plant parts and what they do
www.mbgnet.net/bioplants/parts.html

The Popcorn Board
www.popcorn.org

Powerful Bones, Powerful Girls
www.cdc.gov/powerfulbones/

USDA Center for Nutrition Policy and Promotion
www.usda.gov/cnpp

USDA Food & Nutrition Information Service
www.nalusda.gov/fnic