



It can be overwhelming to look for resources online. This handout has a list of great nutrition websites that provide education, tips and recipes.

<https://www.Choosemyplate.gov> (USDA): Helps you create healthy balanced meals

<https://www.Fruitsandveggies.org> (Have a Plant): Tips and recipes to help you eat more fruits and vegetables

<https://www.Eatright.org> (Academy of Nutrition and Dietetics): Education regarding nutrition related topics throughout the life cycle

<https://www.Superhealthykids.com> (Super Healthy Kids): Browse the many recipes and meal plans

<https://www.Kidshealth.org> (Kids Health): Covers a variety of children's health topics, including nutrition and activity

<https://www.Kidswithfoodallergies.org> (Asthma and Allergy Foundation of America): Search for recipes which do not include your child's food allergens

<https://www.Nhlbi.nih.gov/health/educational/wecan/index.htm>: (National Heart, Lung and Blood Institute) We Can! educates on ways to enhance children's activity and nutrition

<https://www.Cdc.gov/nutrition/infantandtoddlernutrition/index.html> (CDC): Nutrition information for the first 2 years of life



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