

**Helpful Nutrition Websites**

* **3 A-Day of Dairy** - [http://www.3aday.org](http://www.3aday.org/)   
  Tips on improving kids' nutrition and fitness and recipes, using 3 servings of dairy products a day.
* **All About What vitamins and Minerals Do** - <http://kidshealth.org/kid/stay_healthy/food/vitamin.html>  
  Explains how substances like vitamins A,B,C,D,E,K, calcium, and iron work in the human body.
* **American Dietetic Association** - <http://www.eatright.org/Public/>  
  American Dietetic Association containing nutrition facts and list of resources.
* **FDA Center For Food Safety and Nutrition** - <http://www.fda.gov/ForConsumers/ByAudience/ForKids/default.htm>
* **Figuring out Food Labels** - <http://kidshealth.org/kid/stay_healthy/food/labels.html>  
  Explains how the label on a food package is a lot like the table of contents in a book, telling exactly what the food contains.
* **Food and Nutritional Information Center** - <http://www.nal.usda.gov/fnic/>  
  Food and nutrition topics from A to Z and resources.
* **Healthy Choice for Kids** - [http://www.healthychoices.org](http://www.healthychoices.org/)   
  Overall health program for kids.
* **Healthy Kids Challenge** - [http://www.healthykidschallenge.com](http://www.healthykidschallenge.com/)   
  Healthy change ideas for schools, families and communities, recipes and games.
* **National Dairy Council** - [http://www.nationaldairycouncil.org](http://www.nationaldairycouncil.org/)   
  Nutritional and product information, resources and recipes.
* **Nutrition Explorations** - [http://www.NutritionExplorations.org](http://www.nutritionexplorations.org/)   
  Meal planning, recipes, nutrition information, games.
* **Powerful Bones, Powerful Girls** - <http://www.girlshealth.gov/nutrition/bonehealth/index.html>  
  Fun, games, quizzes, ideas, and tips on what foods have calcium and what activities are good for bones and the body.
* **Produce for Better Health Foundation** - [http://www.pbhfoundation.org](http://www.pbhfoundation.org/)   
  Offers latest health news about fruits and vegetables, kids' activities.
* **School Nutrition Association** - [http://www.schoolnutrition.org](http://www.schoolnutrition.org/)   
  National School Nutrition Association site providing news and publications, meetings, events and recipes.
* **Sunkist Kids** - <http://www.sunkist.com/kids>  
  Features coloring page, crossword puzzle, games and fun facts about citrus fruits.
* **The Food Guide Pyramid** - <http://kidshealth.org/kid/stay_healthy/food/pyramid.html>  
  Explains how the pyramid is used to show the foods that make up a good diet.
* **USDA Food & Nutrition Service** - <http://www.fns.usda.gov/tn/>  
  Nutrition education, healthy eating and physical activities.
* **USDA Nutrient Data Laboratory** - <http://www.nal.usda.gov/fnic/foodcomp/search/>  
  Gives you all the nutrient data of foods in the different food groups.
* **Why Drinking Water Is the Way to Go** - <http://kidshealth.org/kid/stay_healthy/food/water.html>  
  Explains what water does for the human body.

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