

Online Resources

www.kidnetic.com

Kidnetic.com is a cool site for kids who like to play hard and have fun and offers a special section just for parents.

www.mypyramid.gov

MyPyramid.gov assists you in making smart choices from every food group, find your balance between food and physical activity and get the most nutrition out of your calories.

www.fns.usda.gov/tn

Team Nutrition is an initiative of the USDA Food and Nutrition Service. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid. There are many resources available for schools, educators and parents.

www.5aday.com

5-A-Day is sponsored by the Produce for Better Health Foundation and includes information, educational tools and colorful activities to encourage a diet full of a colorful variety of fruits and vegetables.

www.ific.org

International Food Information Council Foundation is a great resource for nutrition information including child and adolescent nutrition, information about food ingredients, obesity and weight management, sugars and low-calorie sweeteners and much more.

www.eatright.org

The American Dietetic Association provides nutrition information through "position papers", "tip of the day" and a "monthly feature" all focusing on updated nutrition information on relevant topics.

www.lfed.org

Lifelines Foundation for Eating Disorders provides information for those who suffer from an eating disorder, for friends and family, educators, coaches and medical professionals. This site is very helpful in providing general information. For more specific help for a student suffering from an eating disorder in AISD please contact your school counselor.