

## Nutrition & Fitness Websites

### **Parents with children of all ages (general):**

*Kids Health* promotes general child health with an emphasis on eating and activity. It also includes information for parents on identifying unhealthy weight control behaviors, as well as additional links for children and teens.

[http://www.kidshealth.org/parent/nutrition\\_fit/center/nutrition\\_center.html](http://www.kidshealth.org/parent/nutrition_fit/center/nutrition_center.html)

The *Mayo Clinic* has an excellent website that easily lays out dietary guidelines for children by age group. Very user friendly! <http://www.mayoclinic.com/health/nutrition-for-kids/NU00606>

Created and hosted by the *American Heart Association*, this website is easy to use and displays information on grocery shopping, recipes and cooking, eating outside the home, and fitness in the form of a day planner, with easy tabs for information. <http://www.deliciousdecisions.org/>

The *American Dietetic Association* website, specifically the food and nutrition link, provides consumers with printable fact sheets on topics ranging from food safety, weight management, and kids nutrition needs. There are also links for finding a dietician in your area and information on the new MyPyramid.

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition.html>

The *American Academy of Pediatrics* website provides a wealth of information on many topics. To find information of nutrition and obesity, link to “health topics” and browse information that is most useful for you and your family.

There are also links to printable brochures designed for parents on numerous topics. <http://www.aap.org/>

### **Parents with younger children (toddler, preschool, kindergarten):**

*CDC's Quick Tips* website provides useful tips for parents with younger children, including getting them involved with cooking, portion sizes, and how to deal with picky eaters. There is also a link for “tips for using the food guide pyramid for young children 2-6 years old.”

[http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/quick\\_tips/healthy\\_children.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/quick_tips/healthy_children.htm)

The *Eat Smart, Play Hard* website has printable brochures designed for families with quick and useful information.

[http://www.fns.usda.gov/eatsmartplayhard/collection/parent\\_broch.html](http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html)

### **Parents with school-age children (elementary):**

*Team Nutrition* is a network of public and private partnerships of parents, teachers, food service staff, health and education groups, and the food and agricultural community. These partnerships come together at the community level through the Team Nutrition Schools program. This website provides multiple resources for parents including information on encouraging healthier school meals and snacks and nutrition and physical activity worksheets and coloring pages for kids. <http://teamnutrition.usda.gov/parents.html>

*Fruits and Veggies Matter* provides useful and parent-friendly information, like recipes, easy ways to incorporate fruits and vegetables into your day, and fruit and vegetable calendar for learning about diverse fruits and vegetables and their nutritional importance. <http://www.fruitsandveggiesmatter.gov/>

This USDA website on *Child Nutrition and Health* is a great resource for parents. There are also great links to the My Pyramid for Kids, with worksheets and classroom materials.

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=257&topic\\_id=1353&placement\\_default=0](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&topic_id=1353&placement_default=0)

The primary *USDA* site of the one listed above provides more general information on child health including WIC resources, food stamps, food safety, and physical activity information. <http://fnic.nal.usda.gov>

### **Children & the Media**

Television and marketing has been shown to have an enormous effect on eating and activity behaviors. This *Public Broadcasting Service* website is a fun way for parents and children of all ages to become more media literate. Information is grouped by television, advertising, computers and video games and provides a lot of interesting information for both parents and kids. <http://www.pbs.org/parents/childrenandmedia/>

## Books for Parents

There are many books available for parents varying in topic from child nutrition, activity, weight loss, obesity, and disordered eating. Below are several books created for parents to help promote their children to maintain a healthy weight and body image, while avoiding unhealthy weight control behaviors.

*Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family*  
by Pamela Gould, Eleanor P. Taylor & Katherine Cason. Publisher: Mancala Publishing, LLC, 2007

*The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, and Positive Body Image at Home*  
by Marcia Herrin and Nancy Matsumoto. Publisher: Gurze Books, 2007

*Weight Loss Confidential: How Teens Lose Weight and Keep It Off - and What They Wish Parents Knew*  
by Anne M. Fletcher. Publisher: Houghton Mifflin, 2007

*A Parent's Guide to Childhood Obesity: A Roadmap to Health*  
by American Academy of Pediatrics; Sandra G. Hassink, Editor.  
Publisher: American Academy Of Pediatrics, 2006

*Teenage Waistland: A Former Fat Kid Weighs In on Living Large, Losing Weight, and How Parents Can (and Can't) Help*  
by Abby Ellin. Publisher: PublicAffairs, 2005

*Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise*  
by Brian McCrindle & James G. Wengle. Publisher: Robert Rose, 2005

*Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problems*  
by Donna Fish. Publisher: Atria, 2005

*Your Child's Weight: Helping without Harming*  
by Ellyn Satter. Publisher: Kelcy Press, 2005

*"I'm Like, So Fat!" Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World*  
by Dianne Neumark-Sztainer. Publisher: The Guilford Press, 2005

*Our Overweight Children: What Parents, Schools, and Communities Can Do to Control the Fatness Epidemic*  
by Sharron Dalton. Publisher: University of California Press, 2004

*KidShape: A Practical Prescription for Helping Your Child Lose Weight, Increase Self-Esteem, Establish Healthy Eating Habits, Have a More Active Lifestyle*  
by Naomi Neufeld. Publisher: Thomas Nelson, 2004

*The Parent's Guide to Childhood Eating Disorders: A Nutritional Approach to Solving Eating Disorders*  
by Marcia Herrin and Nancy Matsumoto. Publisher: Owl Books, 2002

*Helping Your Child Lose Weight The Healthy Way: A Family Approach to Weight Control*  
by Judith Levine. Publisher: Citadel, 2001

*American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life*  
by Pediatrics American Academy. Publisher: Villard, 1999

**NOTE:** The University of Minnesota Obesity Prevention Center is happy to provide this listing as a convenience and for informational purposes. However, we are not responsible for the content of these references, nor does this listing constitute any official endorsement. If you have medical or health concerns, please consult your health care provider(s) for advice.