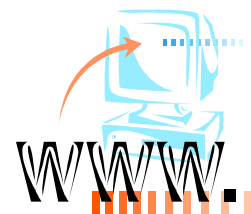


Great Nutrition and Fitness Web sites



General

<http://www.healthierus.gov>

This web site is supported by the President's HealthierUS initiative focusing on physical fitness, prevention, nutrition & making healthy choices. It serves as a source of credible, accurate information to help Americans choose to live healthier lives. The site also links to Steps to a HealthierUS.

<http://www.healthfinder.gov/>

This is a free guide to reliable consumer health information, developed by the U.S. Department of Health and Human Services and other federal agencies. This site links to carefully selected information and web sites from over 1,700 health-related government agencies and not-for-profit organizations, includes many online checkups, & offers daily health news in English and Spanish.

<http://www.smallstep.gov>

This site aims at preventing obesity by encouraging small dietary & physical activity changes in the form of 120 steps, such as Step 5) Drink water before a meal, and Step 35) Sit up straight at work. The site includes the list of steps as well as success stories and tips. Users can sign up for a newsletter with tips, recipes, and more, and can create an activity tracker to monitor their progress.

<http://www.nutrition.gov>

A service of the National Agricultural Library, USDA – Nutrition.gov is a great resource for up-to-date food and nutrition information. In addition to serving as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety – this site offers current food and nutrition news, information on weight management, food assistance programs and grocery shopping tips.

Physical Activity

<http://www.presidentschallenge.org>

This site encourages all Americans to make being active part of their everyday lives. The challenge is interactive and allows you to register, track progress, calculate fitness and earn awards for meeting goals.

<http://www.cdc.gov/physicalactivity/>

This site has recommendations for physical activity and strength training for older adults (plus links to additional

resources). There are a number of tests that can help you evaluate your physical conditioning.

<http://www.recreation.gov>

An easy-to-use web site with information about all federal recreation areas. You can search for recreation areas by state, activity, agency, or map. Provides links to weather advisories and to make reservations for camp sites or tours, and offers recreation maps.

Audience Specific

<http://www.womenshealth.gov/>

A site dedicated to the health of women

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

We Can! Is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8 – 13 stay at a healthy weight.

<http://www.bam.gov>

An interactive tool for adolescents.

<http://www.cdc.gov/youthcampaign/>

A physical activity campaign for tweens. Games/Ideas

<http://www.girlshealth.gov/bones>

Aimed at promoting healthy bones in adolescent girls. Entertaining and educational.

<http://www.smallstep.gov/pdf/helpyourchildgrowuphealthyandstrong.pdf>

A parent's guide to healthy eating and physical activity.

Other Miscellaneous



Prevention.com/healthtrackers – a great log to keep track of food eaten, exercise, as well as other details to help with your weight goals. Informative & easy to use.

Mayohealth.org – Click on the nutrition site here for reliable information, virtual cookbook, quizzes, and ask a dietician.

Gssiweb.com – This is the Gatorade Sports Institute. It has information on hydration, snacking and sports specific nutrition.

Acefitness.org – The American Council on Exercise is a great source for health/fitness tips & recipes.

Allrecipes.com – The 'New You' section has recipes & tips for healthy eating.

Nutrition

<http://mypyramid.gov/>

An interactive component of the USDA's food pyramid that allows users to input their age, sex and amount of daily physical activity to create a personalized food pyramid.

<http://www.fruitsandveggiesmatter.gov/>

Promotes the healthy consumption of fruits and vegetables among adults. Info on serving sizes, recipes & more.

<http://www.nichd.nih.gov/milk>

Essential information on the many benefits of milk and calcium. Includes interactive puzzles & games to provide a fun way for kids to learn about the benefits of drinking milk.

<http://win.niddk.nih.gov/publications/choosing.htm>

A helpful fact sheet to help individuals make informed decisions about weight loss programs. It includes an outline of what safe & effective weight loss programs should include, questions to ask weight loss program providers about everything from cost to contents.

<http://www.consumer.gov/food.htm>

Consumer.gov has loads of information! The "food" section is a great resource for consumer information related to fruits, vegetables, seafood, meat, poultry, labeling, nutrition, product recalls, and safety. Additionally, it offers recipes and a FAQ-format section on consumer advice with questions such as "Why should you not use homemade infant formulas?" And "How will I know if food has been irradiated?"

<http://nutrition.gov>

This site has a lot of information ranging from men, women, children, athletes, elderly, and vegetarians. There is information on shopping, meal planning, and nutrition issues.

<http://eatright.org>

The American Dietetics Association has great information for the general public as well as professionals.

<http://www.cfsan.fda.gov/~dms/foodlab.html>

A useful site offering easy-to-understand information on Nutrition Facts labels. Information on how to tell how much of each listed item is high or low – and what to watch out for. It also gives a consumer-friendly overview of calories, nutrients, and percent Daily Value using additional sample food labels.

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

This site provides an online tool that calculates the servings and calories of your selections from a list of available foods and beverages to make up a meal of specified calories. It also has a link that can aid you in Body Mass Index calculation and portion distortion.

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

This web site contains the DASH (Dietary Approach to Stop Hypertension) Eating Plan and includes information on research findings that demonstrate its health benefits. It includes 7-day menus, recipes, helpful tips for getting started, how to use the DASH plan if trying to lose weight, how to reduce sodium intake and how to read and interpret Nutrition Facts labels.

http://www.fsis.usda.gov/fact_sheets/index.asp

This site features helpful food safety fact sheets.

<http://www.foodsafety.gov>

FoodSafety.gov is a gateway web site that provides links to selected government information on food safety. The consumer advice section provides extensive access to information about safe food handling and food safety concerns for specific population groups, such as seniors, pregnant women, and children. This site contains a News and Safety Alert section with links to product recalls, alerts, and warnings as well as other announcements.

http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6322&level4_id=10693 – Loving Your Family Feeding Their Future a new program with great resources.

