

Resources to Help You Succeed!

Portion Sizes

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

Fruits and Vegetables

- www.dole.com

Physical Activity

- www.kidnetic.com
- <http://www.nationwidechildrens.org/time-for-10-videos>

Food Labels

- www.calorieking.com
- <http://www.myfitnesspal.com/>

Healthy Recipes

- www.eatingwell.com
- www.cookinglight.com
- www.sparkrecipes.com (includes a recipe calculator)

Dining Out / Cooking

- www.healthydiningfinder.com
- www.campbellkitchen.com



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Healthy Lifestyle and Nutrition

- www.americanheart.org
- www.foodinsight.org/
- <http://school.fueluptoplay60.com/home.php>
- www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm
- <http://www.cdc.gov/healthyweight>
- <http://www.healthiergeneration.org>
- <http://www.empowerme2b.org/>

Books

- Weight Loss confidential: How Teens Lose Weight and Keep It Off – and What They Wish Parents Knew by Anne M. Fletcher
- A Parent’s Guide to Childhood Obesity: A Road Map to Health by American Academy of Pediatrics; Sandra G. Hassink FAAP (Editor)
- How To Get Your Kid To Eat... But Not Too Much by Ellyn Satter



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