Resources to Help You Succeed!

Portion Sizes
- 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
Healthy Lifestyle and Nutrition

- www.americanheart.org
- www.foodinsight.org/
- http://school.fueluptoplay60.com/home.php
- 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 Healht by American Academy of Pediatrics; Sandra G. Hassink FAAP (Editor)
- How To Get Your Kid To Eat… But Not Too Much by Ellyn Satter