Nutrition and Activity Resources

Academy of Nutrition and Dietetics
www.eatright.org
The world's largest organization of food and nutrition professionals providing reliable nutrition education for the public, media, health professionals and members with tips, diet reviews, position papers, resources, research and more.

Action for Healthy Kids
www.actionforhealthykids.org
Find research and reports, newsletters, fact sheets and tools for healthier kids and schools.

Alliance for a Healthier Generation
www.healthiergeneration.org
Provides resources, programs, newsletters and tip/fact sheets for schools, businesses, communities and parents to help guide kids toward healthier eating and more physical activity.

American Cancer Society
www.cancer.org
Reliable healthy eating and physical activity information for cancer prevention and general good health through tools, programs, resources, tips and suggestions.

American Heart Association
www.heart.org
A heart healthy resource with recipes, cooking and grocery shopping suggestions, dining out tips, and physical activity suggestions and programs; along with educator lesson plans.

The Beverage Guidance Panel
www.cpc.unc.edu/projects/beverage
Beverage intake information.

California Foundation for Agriculture in the Classroom
www..cfaitc.org
Teacher resources and activities including school gardens for learning.

Centers for Disease Control, Fruits and Veggies Matter
www.fruitsandveggiesmatter.gov
Fruit and vegetable information, interactive tools, recipes and tips.

Centers for Disease Control, Healthy Youth
www.cdc.gov/healthyyouth
A resource for adolescent and school health tools, school health policies and programs, along with science-based strategies for nutrition and physical activity.

Centers for Disease Control, HECAT
www.cdc.gov/HealthyYouth/hecat
Information about the Health Education Curriculum Analysis Tool (HECAT) for schools and how to use it.