

**Obesity in Children and Adolescents:
An Expanding Problem with Ample Solutions
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Useful Nutrition and Health Websites

Websites useful for teens:

USDA food guide pyramid for kids: www.mypyramid.gov

Portion Distortion website: <http://hp2010.nhlbihin.net/portion/>

Free online diet journal www.fitday.com

www.nutridiary.com

Free nutritional and caloric data: www.nutritiondata.com

Helpful fruit and vegetable information: <http://www.fruitsandveggiesmatter.gov/>

Websites for adults/older teens:

American Dietetic Association: www.eatright.org

American Heart Association: www.americanheart.org

American Society for Clinical Nutrition: www.nutrition.org

Food and Nutrition Information Center (FNIC): www.nalusda.gov/fnic/

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

Soy Protein Partners: www.soybean.org

Family Food Zone: www.familyfoodzone.com

(Advice on kids cooking, food guide pyramid, shopping, and nutrition references)

Websites for younger children:

Kid's Health: www.kidshealth.org (web site for kids, teens, and parents)

Kidnetic: www.kidnetic.com (Interactive web site about exercise)

Nutrition Café: www.exhibits.pacsci.org/nutrition

Nutrition Exploration Kids Zone: www.nutritionexplorations.org/kids_zone.html

Team Nutrition: www.fns.usda.gov/tn (USDA site for children and families)

Kid's Sites – Activities for children: www.nal.usda.gov/fnic/etext/000100.html

(U.S. Department of Agriculture, Food and Nutrition Information Center – link to other sites for kids)