![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()![C:\Users\shannon.king\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EMKIP4YF\cartoon%20fruit[1].jpg]()

**Helpful Nutrition Websites**

* **3 A-Day of Dairy** - [http://www.3aday.org](http://www.3aday.org/)
Tips on improving kids' nutrition and fitness and recipes, using 3 servings of dairy products a day.
* **All About What vitamins and Minerals Do** - <http://kidshealth.org/kid/stay_healthy/food/vitamin.html>
Explains how substances like vitamins A,B,C,D,E,K, calcium, and iron work in the human body.
* **American Dietetic Association** - <http://www.eatright.org/Public/>
American Dietetic Association containing nutrition facts and list of resources.
* **FDA Center For Food Safety and Nutrition** - <http://www.fda.gov/ForConsumers/ByAudience/ForKids/default.htm>
* **Figuring out Food Labels** - <http://kidshealth.org/kid/stay_healthy/food/labels.html>
Explains how the label on a food package is a lot like the table of contents in a book, telling exactly what the food contains.
* **Food and Nutritional Information Center** - <http://www.nal.usda.gov/fnic/>
Food and nutrition topics from A to Z and resources.
* **Healthy Choice for Kids** - [http://www.healthychoices.org](http://www.healthychoices.org/)
Overall health program for kids.
* **Healthy Kids Challenge** - [http://www.healthykidschallenge.com](http://www.healthykidschallenge.com/)
Healthy change ideas for schools, families and communities, recipes and games.
* **National Dairy Council** - [http://www.nationaldairycouncil.org](http://www.nationaldairycouncil.org/)
Nutritional and product information, resources and recipes.
* **Nutrition Explorations** - [http://www.NutritionExplorations.org](http://www.nutritionexplorations.org/)
Meal planning, recipes, nutrition information, games.
* **Powerful Bones, Powerful Girls** - <http://www.girlshealth.gov/nutrition/bonehealth/index.html>
Fun, games, quizzes, ideas, and tips on what foods have calcium and what activities are good for bones and the body.
* **Produce for Better Health Foundation** - [http://www.pbhfoundation.org](http://www.pbhfoundation.org/)
Offers latest health news about fruits and vegetables, kids' activities.
* **School Nutrition Association** - [http://www.schoolnutrition.org](http://www.schoolnutrition.org/)
National School Nutrition Association site providing news and publications, meetings, events and recipes.
* **Sunkist Kids** - <http://www.sunkist.com/kids>
Features coloring page, crossword puzzle, games and fun facts about citrus fruits.
* **The Food Guide Pyramid** - <http://kidshealth.org/kid/stay_healthy/food/pyramid.html>
Explains how the pyramid is used to show the foods that make up a good diet.
* **USDA Food & Nutrition Service** - <http://www.fns.usda.gov/tn/>
Nutrition education, healthy eating and physical activities.
* **USDA Nutrient Data Laboratory** - <http://www.nal.usda.gov/fnic/foodcomp/search/>
Gives you all the nutrient data of foods in the different food groups.
* **Why Drinking Water Is the Way to Go** - <http://kidshealth.org/kid/stay_healthy/food/water.html>
Explains what water does for the human body.

USDA is an equal opportunity provider and employer.