

# Resources for Parents



[www.eatright.org/for-kids](http://www.eatright.org/for-kids)

Articles, recipes, tips

Age-specific topics



[www.nourishinteractive.com/parents](http://www.nourishinteractive.com/parents)

Family nutrition tips and tools

Recipes



[www.choosemyplate.gov/kids](http://www.choosemyplate.gov/kids)

Kid-friendly activities



<https://doctoryum.org>

Recipes

Health Articles



[www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)

Nibbles for Health: Nutrition Newsletters for Parents of Young Children

Dig in! at Home



[www.nhlbi.nih.gov/health/educational/wecan/](http://www.nhlbi.nih.gov/health/educational/wecan/)

WeCan! Parent Resource Handbook:

[www.nhlbi.nih.gov/health/educational/wecan/downloads/parent\\_hb\\_en.pdf](http://www.nhlbi.nih.gov/health/educational/wecan/downloads/parent_hb_en.pdf)



[www.myeatsmartmovemore.com/](http://www.myeatsmartmovemore.com/)

Newsletters

Resources