



OTHER RESOURCES

These guides are meant to be taken as suggestions on how to improve your families health and nutrition. They recommend taking small steps and making active choices to improve your overall health and wellness. Below are some more resources you can check out to learn more tips and tricks to improve your health and wellness.

[The Nutrition Source](#)

The Nutrition Sources is a maintained by the Department of Nutrition and Harvard School of Public Health. It is a complete resources on all things nutrition. They have many interesting articles, tips on healthy eating, and ways to stay active no matter what.

[Nourish Interactive](#)

Nourish Interactive is a free website that teaches students about the importance of nutrition using interactive online games. It also has tips and recipes for healthy recipes for children. Their games and tools are a fun way to encourage children to learn more about nutrition.

[Mayo Clinic](#)

The Mayo Clinic is one of this countries leading hospitals. Their website has a lot of detailed information about nutrition and related illnesses. The language is a more technical and might be difficult to follow for people who don't have a good grasp of medical terms, but can be useful when looking for "expert advice".

[MyPlate](#)

MyPate has replaced the old government food pyramid. It is a general suggestion on how to create a wholesome meal. They have daily food plans for different age groups, examples of "portion distortion", and suggestions on how to improve physical activity simply and easily.

[Eat Right](#)

Eat right Is the website of the Academy of Nutrition and Dietetics. They have advice on how to eat for all different types of people, old, young, and on different budgets. There is detailed information on how to eat for different diets and different allergies.