



Parents: Find Credible Online Resources for Your Family

DO YOU HAVE TROUBLE FINDING GOOD SOURCES ONLINE FOR WAYS TO KEEP YOUR CHILD HEALTHY AND THEIR WEIGHT IN CONTROL? HERE ARE SOME HELPFUL HINTS!

Look for these things in a good website:

- Expert authors with credentials in child nutrition/health
- Reliable website hosts (.gov, .org, etc.)
- Page with recent updates
- Content with no bias
- Clean look with no spelling errors



Take a look at these good websites:

Academy of Nutrition and Dietetics
www.eatright.org

United States Department of Agriculture
www.USDA.gov

American Academy of Pediatrics
www.aap.org

Centers for Disease Control
www.cdc.gov

National Dairy Council
www.nationaldairycouncil.org

There are tons of websites out there. Be a thoughtful researcher and use these tips to find the best online sources that apply to your child.