

RESOURCES

- American Diabetes Association
Get the latest diabetes news and diabetes research summaries.
- American Dietetic Association
With over 67,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals.
- Dole 5 A Day
Make nutrition fun! Dole 5 A Day Sites are for kids, teachers, parents, and administrators.
- Dole Nutrition News
"Dole Nutrition News address issues such as: Dietary Challenges - Obesity - Paradox of being overfed and undernourished, and Connection between fruit intake and stronger bones."
- Eat Smart, Move More...NC
"North Carolina, a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray."
- Fruits & Veggies More Matters
"This health initiative suggests simple ways to add MORE fruits and vegetables to every eating occasion. This initiative is offered by Produce for Better Health Foundation."
- Kids Health for Parents
KidsHealth has been on the Web since 1995 - and has been accessed by about half a billion visitors. Physicians and other health experts review all content before it's published on KidsHealth.
- MyPyramid.gov
One size does not fit all. Check out this web site.
- NC Healthy Schools
"NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. Healthier schools lead to healthier students."
- NC Key Health Indicators
"The State Center for Health Statistics has produced 22 graphs representing trends in key health indicators at both the county and state levels over approximately the past 15 years."
- NC Nutrition Services Branch
"Nutrition Services Branch (NSB) promote sound nutrition habits among infants, children and women in their child-bearing years. NSB will work with various agencies to improve health by reducing the incidence of nutritional risk factors..."
- Nutrition.gov
"Provides easy, online access to government information on food and human nutrition for consumers."
- School Nutrition Association
National site for all child nutrition programs.
- School Nutrition Association of NC
A leading authority on the nutritional health and well being of students.
- Southeast United Dairy Industry, Inc. (SUDIA)
"SUDIA is a nonprofit association funded by dairy farmers. Their mission is to provide latest information about nutrition and dairy farming..."

