

# Healthy Food Choice Resources for You & Your Family



US Department of Agriculture  
<http://www.choosemyplate.gov/>

The screenshot shows the President's Council on Fitness, Sports & Nutrition website. The header includes the US Department of Health and Human Services logo and links for Blog, News Highlights, Photo & Video Library, and Newsletter. Below the header, there are tabs for BE ACTIVE, EAT HEALTHY, ABOUT PCFSN, MEET OUR TEAM, RESOURCE CENTER, and PARTICIPATE IN PROGRAMS. The main content area is titled "How To Eat Healthy" and features a sub-section "How to Eat Healthy". It includes a call-to-action for small steps each week to improve nutrition and move toward a healthier you, followed by a section on "EIGHT HEALTHY EATING GOALS". A sidebar on the right provides links for Like & Share, Share via Email, and a Printer-Friendly Version.

President's Council on Fitness, Sports & Nutrition  
<http://www.fitness.gov/eat-healthy/how-to-eat-healthy/>

The screenshot shows the Cooking Matters website. The header features the "SHARE OUR STRENGTH'S COOKING MATTERS NO KID HUNGRY" logo and links for NO KID HUNGRY, BLOG, PARTNERS, DONATE, and Search. Below the header, there are tabs for RECIPES, TIPS & VIDEOS, WHO WE ARE, WHAT WE DO, and AT THE STORE. The main content area is titled "Tips & Videos" and includes sections for "Front of Package Labeling" and "Balance Your Beverage Choices". Each section contains a brief description and a link to a larger resource page.

Cooking Matters: No Kid Hungry  
<http://cookingmatters.org/tips>

The screenshot shows the KIDS eat right website. The header features the "KIDS eat right." logo and tabs for For Kids, For Baby, For Toddler, For Preschooler, For Graderschooler, and For Teen. Below the header, there is a section titled "Is Your Child Stuck on a Food?" with a published date of January 23, 2012. The main content area includes a large image of a child eating, a section titled "Latest Content" with numbered cards (1-5), and a "Most Popular" section with links to "The Basics of the Nutrition Facts Panel" and "National Nutrition Month Games". A note at the bottom states: "If your child keeps asking for the same food meal after meal, the child is on a "food jag," especially common in the toddler years."

Academy of Nutrition & Dietetics: Eat Right  
<http://www.eatright.org/>