

# HEALTHY WEIGHT

Resources for Families



## Resources for Parents

### Healthy Eating

#### The Best Nutrition Web sites

The School of Nutrition Science and Policy at Tufts University is a leading provider of good information about healthy eating. They rate nutrition Web sites for the accuracy of the nutrition information, depth of the information, the overall user experience and other factors. The review of each Web site contains comments on any privacy concerns or commercial content. Web sites aimed at families are among those rated, and users can search for Web sites that are:

- ▶ Among the Best
- ▶ Better than Most
- ▶ Average
- ▶ Not recommended

Visit <http://navigator.tufts.edu/>.

#### Understanding Portion Sizes

Take an entertaining “Portion Distortion” quiz at <http://hin.nhlbi.nih.gov/portion/>.

#### Healthy Restaurant Choices

An extensive list of healthy food choices in restaurants is available from the Calgary (Canada) Health Region at [www.calgaryhealthregion.ca/hlthconn/items/hrthlthdining.htm](http://www.calgaryhealthregion.ca/hlthconn/items/hrthlthdining.htm). Additionally, *Restaurant Confidential* summarizes reviews from the Center for Science in the Public Interest on pizza, Chinese food, Italian favorites and more. Visit [www.cspinet.org/restaurant/index.html](http://www.cspinet.org/restaurant/index.html).

#### Menu Planning for Home-cooked Meals and Snacks

[Savingdinner.com](http://Savingdinner.com) provides free sample menus for a week and has information about signing up for a weekly emailed MenuMailer.

For parents too busy to think about cooking, visit [www.flylady.net](http://www.flylady.net) for a good humored, realistic approach to home and family.

#### Free or Low-cost Cookbooks with Healthy Recipes

The following cookbooks are available online for free or can be ordered at low cost from the National Heart Lung and Blood Institute. To order, call 301-592-8573 or 240-629-3255 (TTY) or visit [www.nhlbi.nih.gov/health/index.htm#recipes](http://www.nhlbi.nih.gov/health/index.htm#recipes).

- ▶ Stay Young at Heart
- ▶ The DASH Eating Plan (reduces high blood pressure)
- ▶ Heart Healthy Latino recipes
- ▶ Heart Healthy Home Cooking African American Style
- ▶ Keep the Beat: Heart Healthy Recipes



### Online Dietary Tools

The Interactive Healthy Eating Index is a helpful online dietary and physical activity assessment tool. Enter data about what you've eaten and the exercise you've engaged in, and receive a score on the overall quality of your diet and physical activity for the day. A service of the U.S. Department of Agriculture. Visit [www.209.48.219.53](http://www.209.48.219.53).

Daily Menu Planner is an interactive online menu planner that tracks the day's calories, grams of saturated fats and carbohydrates. A service of the National Heart Lung and Blood Institute. Visit [www.hin.nhlbi.nih.gov/menuplanner/menu.cgi](http://www.hin.nhlbi.nih.gov/menuplanner/menu.cgi).

### Locating a Dietary Professional

If you want to make changes in your family's eating and activity habits and don't know where to start, a registered dietitian may be able to help. Your doctor may be able to refer you to a dietician or you can use the referral services of the American Dietetic Association at [www.eatright.org](http://www.eatright.org) or by calling 800-366-1655.

## Physical Activity

### Children's Sports

For a checklist of things to think about when deciding about signing a child up for a sports team or activity, visit [www.aahperd.org/naspe/resource-choosing.pdf](http://www.aahperd.org/naspe/resource-choosing.pdf).

Information about good coaching can be found from the National Association for Sports and Physical Education at [www.aahperd.org/naspe](http://www.aahperd.org/naspe).

## Healthy Weight

### Weight Loss Programs

The Weight-Control Information Network, a program of the National Institute of Diabetes and Digestive and Kidney Diseases, maintains a list of nationwide university-based medical centers. Visit [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov) or call 301-984-7378 or 1-877-946-4627.

*Aim for a Healthy Weight* is a feature of the National Heart, Lung and Blood Institute's Web site. This site contains practical information to assess weight and explains how to get started losing excess pounds. It features useful how-to information about setting realistic activity goals, shopping, selecting lower fat items, learning about portion sizes, and other topics. Print out a food and activity diary, use the interactive menu planner and reference several recipe books. Visit [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt).





## Resources for Children and Adolescents

### Healthy Eating

#### Interactive Eat Right Web site

Helps children reach the recommended goal of eating 5 fruits or vegetables each day. This entertaining Web site features goal challenges, family contracts, and lots of information in the fruit and vegetable encyclopedia. Information and tools have been developed specifically for children, parents, teachers, and school food service personnel. Developed by the Dole Food Company in 1991, this award-winning Web site is highly rated by nutrition professionals for its accuracy and depth of information. Visit [www.dole5aday.com](http://www.dole5aday.com).

### Physical Activity

#### Boohbah — TV show for very young children

This may be the answer to an exercise video for very young children. Public television has launched *Boohbah* starring five colorful atoms of energy that dance and move through a colorful world. Real children

appear to participate and demonstrate problem solving and the concept of cause and effect.

#### Physical Activity Awards

Since 1956, the President's Council on Physical Fitness and Sports has urged Americans to lead active, healthy lives. People of all ages can earn President's Challenge awards for beginning an active lifestyle or moving an already active life on to a new challenge. Programs are available for:

- » Children ages 6 to 12
- » Teens
- » Adults
- » Seniors
- » Educators

Activities can be tracked on the online activity log and awards can be ordered from the Web site. Visit [www.presidentschallenge.org](http://www.presidentschallenge.org).



### Physical Activity Web sites

**Kidnetic.com** features games for one or more players that are designed to get children ages 9 to 12 up and moving, rather than lecture them about the benefits of physical activity. Design a dance on the computer then get up and follow the moves, go on a scavenger hunt around the home and beat the clock back to the computer, and more. The site includes a section of information for parents. Developed by the International Food Information Council in partnership with several health professional groups, the non-commercial Web site has nothing for sale and no advertising. Visit [www.kidnetic.com](http://www.kidnetic.com).

School-age children and young adolescents can find entertaining information and tools on **Fit4Life**, a Web site created by the Centers for Disease Control and Prevention (CDC). **Fit4Life** is one section of CDC's **BAM! Body and Mind** Web site. (One caution, entering the words *Fit4Life* into a Web search engine takes the user to other sites, so be sure to enter the Web address below.) Read about the benefits of different activities, take a quiz to find out what type of exercise best fits your personality, and develop a calendar to track your activities. Other sections of the site have information on additional health and safety topics. Visit [www.bam.gov/fit4life](http://www.bam.gov/fit4life).

The **VERB** campaign has developed informational materials, such as posters and brochures, aimed at maintaining physical activity among youth ages 9 to 13. Developed by the CDC, the site features information for youth and families, and is translated into multiple languages. The Web site is designed for schools and youth leaders. Visit [www.cdc.gov/youthcampaign/overview.htm](http://www.cdc.gov/youthcampaign/overview.htm).

## Healthy Weight

### Health Information for Youth

Well written, easy to read fact sheets for children and teens can be found on the **KidsHealth** Web site developed by the duPont Hospital for Children and Nemours Children's Clinics. The site features practical exercise advice, healthy food facts, menu ideas, and recipes. The teen section addresses dieting, eating disorders, steroid use and other topics. Visit [www.kidshealth.org](http://www.kidshealth.org).

*Take Charge of Your Health: A Teenager's Guide to Better Health* from the Weight Control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases. Call 1-877-946-4627 or visit <http://www.niddk.nih.gov/health/nutrit/pubs/winteen/index.htm>.



The Business Group's tool kit, **Reducing Child and Adolescent Obesity**, is made possible by support from the **Maternal and Child Health Bureau of the Health Resources and Services Administration, Health and Human Services**. Read all of the fact sheets in this series to learn about the many ways overweight can be prevented and treated. The series is available at [www.businessgrouphealth.org/prevention/et\\_childobesity.cfm](http://www.businessgrouphealth.org/prevention/et_childobesity.cfm)