

THE FOLLOWING WEBSITES PROVIDE IMPORTANT INFORMATION FOR FAMILIES ABOUT HEALTHY NUTRITION AND LIFESTYLES



Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts– with a particular focus on the importance of healthy eating and physical activity. The state-sponsored site, <http://www.mass.gov/massinmotion> promotes eating better and moving more at home, work, and in the community. The objective of the website is to provide simple, practical, cost-effective ways for Massachusetts residents to:

- ◆ Improve eating habits
- ◆ Increase physical activity
- ◆ Ask experts questions about improving their diets and physical exercise routines
- ◆ Get involved in helping to build healthy communities

Mass in Motion has the support of Governor Patrick , our legislators, and many of the Commonwealth’s major health-funding foundations.

Go to <http://www.mass.gov/massinmotion> today for quick, easy, low-cost recipes; sample menus; money saving tips; and a special section just for parents.

NUTRITION

[Action For Healthy Kids](#)

[Planet Health](#)

[Food Play](#)

[My Pyramid](#)

[Powerful Bones-Powerful Girls](#)

PHYSICAL ACTIVITY

[Mass Department of Elementary and Secondary Education](#)

[The President’s Council on Physical Fitness and Sports](#)

[National Center on Physical Activity and Disability \(NCPAD\)](#)

EATING DISORDER RESOURCES

[Massachusetts Eating Disorder Association \(MEDA\)](#)

[Eating Disorder and Referral and Information Center](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[Aim for a Healthy Weight - Obesity Education Initiative](#)

From the Department of Health and Human Services, National Institute of Health.

The overall purpose of the *Obesity Education Initiative (OEI)* is to help reduce the prevalence of obesity along with the prevalence of physical inactivity in order to reduce the risk of coronary heart disease (CHD) and overall morbidity and mortality from CHD. The site provides information for patients, the public and health professionals.

[We Can! \(Ways to Enhance Children's Activity & Nutrition\)](#)

A national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.

[Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?](#)

[Portion Distortion Part 1 \(PDF file\)](#)

[Portion Distortion Part 2 \(PDF file\)](#)

Download a *Serving Size Card (PDF file)* to help you recall what a standard food serving looks like. Cut out the card and laminate it for long time use

[The Massachusetts Department of Elementary and Secondary Education](#)

Information about the National School Lunch Program.

[The John Stalker Institute at Framingham College](#)

The John C. Stalker Institute is the creative entity and force to lead Massachusetts school and child nutrition professionals in forward thinking, growth, education, and development to address the needs of the whole child.

[Nutrition Explorations: Kids](#)

Join Berry and the gang from The Pyramid Cafe to learn about building a healthy body. Features games, coloring pages, recipes, contest, and kid's panel.

[Keepkidshealthy.com](#)

A Pediatrician's Guide to Your Children's Health and Safety