

Nutrition Resources

Square Meals

<http://www.squaremeals.org>

Provides information regarding Texas Department of Agriculture Food & Nutrition Division, include school meals.

My Pyramid

<http://www.mypyramid.gov>

Offers you a personal eating plan with foods and appropriate serving sizes that are right for you.

Nutrition Explorations

<http://www.nutritionexplorations.org>

Nutrition information for teachers/school foodservice professionals and families.

Healthier U.S.

<http://www.healthierus.gov>

Provides information on how to improve your health habits.

Healthy Americans

<http://www.healthyamericans.org>

Organization dedicated to protecting the health of every community and working to prevent disease.

Kids' Health

<http://www.kidshealth.org>

The largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence.

Nutrition for Kids

<http://www.nutritionforkids.com>

Resource for books, teaching kits, articles, tips, recipes and nutritional updates.

Meals for You

<http://www.mealsforyou.com>

Resource for online recipes, meal plans, nutritional information, newsletters, and shopping lists.

Fruits & Veggies - More Matters

<http://www.fruitsandveggiesmorematters.org>

Experts on fruits, vegetables, and good health.

Dole 5 A Day

<http://www.dole5aday.com>

Founding member of the National 5 A Day For Better Health Program and is committed to encouraging children and their families to eat 5 to 9 servings of fruits and vegetables a day for good health.

3 A Day

<http://www.3aday.org>

Nutrition-based marketing and consumer education campaign managed by The American Dairy Association/National Dairy Council, and encourages the consumption of 3 servings of dairy each day.

Body By Milk

<http://www.bodybymilk.com>

Online educational resource for consumers to help educate Americans about the benefits of milk and correct misperceptions about the beverage through the popular Milk Mustache celebrity campaign.

DairyMax

<http://www.dairymax.com>

State and national based dairy promotion program.

American Dietetic Association

<http://www.eatright.org>

Nation's largest organization of food and nutrition professionals, serving the public through optimal nutrition, health and well-being promotion.

Texas Dietetic Association

<http://www.nutrition4texas.org>

Providing expert food and nutrition resources for Texas.

School Nutrition Association

<http://www.schoolnutrition.org>

Professional organization working to ensure all children have access to healthful school meals and nutrition education.

Texas Association for School Nutrition

<http://www.tasn.net>

Professional organization for all levels of school food service employees as well as provide resources that enhance and promote non-profit child nutrition programs for the benefit of our schoolchildren.

USDA Food & Nutrition Department

<http://www.fsn.usda.gov>

Nutrition assistance program of USDA that provides children and needy families better access to food and a more healthful diet through its food assistance programs and comprehensive nutrition education efforts.

Texas Department of Human Services Special Nutrition Programs

<http://www.texascommodity.dhs.state.tx.gov>

Online resource that provides electronic access to computer applications supporting SNP-administered nutrition and commodity programs.

Nutrition.gov

<http://www.nutrition.gov>

Online resource that provides access to government information on nutrition, healthy eating, and physical activity.

Healthy Meals Resource System

<http://www.healthymeals.nal.usda.gov>

Online resource that provides information to persons working in the USDA's Child Nutrition Programs.

Team Nutrition

<http://www.teamnutrition.usda.gov>

Initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

National Food Service Management Institute

<http://www.nfsmi.org>

Program that provides information and services that promote the continuous improvement of Child Nutrition Programs.

Ask the Dietitian

<http://www.dietitian.com>

Online resource that provides answers to health, nutrition, diet and food based questions.

Calories Per Hour

<http://www.caloriesperhour.com>

Online resource that provides information regarding the amount of calories burned by various activities.