



# Internet Resources

## Los Angeles County • Internet Resources

General Physical Activity Resources		
PROGRAM / ORGANIZATION	DESCRIPTION	WEBSITE
<b>Active</b>	Extensive on-line listings of local sports, recreation and events. A great place to find organized athletics in our neighborhood - beyond the common sports.	<a href="http://www.active.com">www.active.com</a>
<b>Active Living by Design</b>	Active Living by Design establishes innovative approaches to increase physical activity through community design, public policies and communications strategies.	<a href="http://www.activelivingbydesign.org/">http://www.activelivingbydesign.org/</a>
<b>American Alliance for Health, Physical Education, Recreation &amp; Dance</b>	The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.	<a href="http://www.aahperd.org/index.cfm">http://www.aahperd.org/index.cfm</a>
<b>American College of Sport Medicine</b>	The American College of Sports Medicine promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.	<a href="http://www.acsm.org">http://www.acsm.org</a>
<b>American Council on Exercise</b>	Professional research resource for health and fitness.	<a href="http://www.acefitness.org/">http://www.acefitness.org/</a>
<b>BAM! Body and Mind Centers for Disease Control and Prevention</b>	BAM! Body and Mind is an online destination for kids, 9-13 years old, created by the Centers for Disease Control and Prevention (CDC). BAM! Body and Mind gives the kids the information they need to make healthy lifestyle choices. BAM! Body and Mind also serves as an aid to teachers, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health.	<a href="http://www.bam.gov/">http://www.bam.gov/</a>
<b>California Center for Physical Activity</b>	The California Center for Physical Activity creates opportunities for everyday activity by connecting partners to active living resources and helping develop improved walking and bicycling environments. The Center works through strategic alliances with physical activity experts, local health departments, community-based organizations and like-minded public- and private-sector partners.	<a href="http://www.caphysicalactivity.org/">http://www.caphysicalactivity.org/</a>
<b>California Governor's Council on Physical Fitness and Sports</b>	Professional resource of health and fitness field.	<a href="http://www.calgovcouncil.org/">http://www.calgovcouncil.org/</a>
<b>California Task Force on Youth and Workplace Wellness</b>	Has made a commitment to support the integration of quality physical activity into the lives of every Californian.	<a href="http://www.wellnesstaskforce.org/initiatives.html">www.wellnesstaskforce.org/initiatives.html</a>
<b>CLASS Parks Quest Program</b>	The CLASS Parks Quest Program (City of L.A. Recreation and Parks Department) aspires to educate teens in adventure-based recreation through a progressive series of hands-on excursions and activities using city, county, state, and national parks. Activities offered include Backpacking, Horseback Riding, Snorkeling, Canoeing/Kayaking, Sailing, Snowboarding, Boulder/Rock Climbing, and Mountain Biking.	<a href="http://www.laparks.org/classparks/programs/quest_apex.htm">http://www.laparks.org/classparks/programs/quest_apex.htm</a>
<b>ESPN Play Your Way Program</b>	Youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Play your way encourages youth to develop games that can be played with traditional and nontraditional materials.	<a href="http://disney.go.com/playyouway/index.html">http://disney.go.com/playyouway/index.html</a>
<b>Exercise for Children</b>	Professional research resource of health and fitness field.	<a href="http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html">http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html</a>
<b>Exercise for Seniors</b>	Professional research resource of health and fitness field.	<a href="http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html">http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html</a>
<b>Fitness Fever</b>	This site offers activities, experiments, recipes, nutrition information, active games and resource information for teachers.	<a href="http://www.health.state.mn.us/fitness/">http://www.health.state.mn.us/fitness/</a>
<b>FitSource</b>	This site links childcare and after school providers to a wide variety of physical activity and nutrition resources. There are links to activities, lesson plans, healthy recipes, information and parents and many other downloadable tools.	<a href="http://www.nccic.org/fitsource/index.cfm">www.nccic.org/fitsource/index.cfm</a>
<b>Healthy People 2010</b>	Fitness challenge for Americans to improve health trends toward wellness. Health information including: online health check-up, dietary guidelines, health care decisions and so on.	<a href="http://www.healthypeople.gov/">http://www.healthypeople.gov/</a>
<b>Healthy Women Build Healthy Communities</b>	Provides an online toolkit to help women create a personal program to eat healthier and be more physically fit.	<a href="http://www.hrsa.gov/WomensHealth/toolkit/menu.html">http://www.hrsa.gov/WomensHealth/toolkit/menu.html</a>
<b>Kidnetic</b>	Kid based website with games, facts and recipes to help children understand food, feelings and fitness for better health.	<a href="http://www.kidnetic.com">www.kidnetic.com</a>
<b>Kids in Action</b>	Interactive website featuring healthy recipes, fun games, and information for parents.	<a href="http://www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html">http://www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html</a>
<b>National Alliance for Youth Sports</b>	Advocacy and promotion and athletics and activity in school-age children. Links for kids, parents, administrators and coaches.	<a href="http://www.nays.org">www.nays.org</a>

<b>National Association for Girls and Women in Sports</b>	Encourages females to be physically active.	<a href="http://www.aahperd.org/nagws">www.aahperd.org/nagws</a>
<b>National Association for Health and Fitness</b>	The National Association for Health and Fitness exists to improve the quality of life for individuals through the promotion of physical fitness, sports and healthy lifestyles.	<a href="http://www.physicalfitness.org">www.physicalfitness.org</a>
<b>National Association to Advance Fat Acceptance</b>	Learn how to end size discrimination and improve the quality of life for plus size people.	<a href="http://www.naafa.org">www.naafa.org</a>
<b>National Center for Bicycling and Walking</b>	The mission of the National Center for Bicycling and Walking is to help create bicycle-friendly and walkable communities by encouraging and supporting the efforts of individuals, organizations and agencies.	<a href="http://www.bikewalk.org">www.bikewalk.org</a>
<b>National Coalition for Promoting Physical Activity</b>	The coalition's mission is to help communities achieve the Healthy People 2010 Physical Activity objectives.	<a href="http://www.americanheart.org/presenter.jhtml?identifier=4664">http://www.americanheart.org/presenter.jhtml?identifier=4664</a>
<b>National Recreation and Park Association</b>	News and stories about community recreation and preservation of parks, trails and nature.	<a href="http://www.nrpa.org">www.nrpa.org</a>
<b>On the Move Program</b>	Physical activity programming.	<a href="http://www.moveit.org">www.moveit.org</a>
<b>Partnership for a Walkable America</b>	The Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly.	<a href="http://www.walkableamerica.org">www.walkableamerica.org</a>
<b>PE Central</b>	PE Central has an extensive database of physical activity lessons and games. The ability to search by age group and type of activity makes it particularly useful.	<a href="http://www.pecentral.org">www.pecentral.org</a>
<b>PE4life</b>	PE4life is dedicated to inspiring active, healthy living by advancing the development of quality, daily physical education programs for all children.	<a href="http://www.pe4life.org/">http://www.pe4life.org/</a>
<b>Pedestrian and Bicycle Information Center</b>	Walk and bike to school website.	<a href="http://www.walkableamerica.org">www.walkableamerica.org</a>
<b>President's Challenge</b>	Challenge to school children to increase activity and awareness of public health and obesity trends.	<a href="http://www.presidentschallenge.org/">http://www.presidentschallenge.org/</a>
<b>President's Council On Physical Fitness and Sports</b>	Information on nutrition and physical activity.	<a href="http://www.fitness.gov">www.fitness.gov</a>
<b>Raise the Bar Program/L.A. City Recreation and Parks</b>	The "Raise the Bar" Program involves more girls in sports and recreation programs in the City.	<a href="http://www.laparks.org/dos/sports/raisethebar/raisethebar.htm">http://www.laparks.org/dos/sports/raisethebar/raisethebar.htm</a>
<b>Skillastics</b>	Classroom board games to encourage physical challenges for all kids to learn and master sports skills.	<a href="http://www.skillastics.com">www.skillastics.com</a>
<b>Southern California Municipal Athletic Foundation</b>	SCMAF is an organization of recreation professionals from cities, counties, school districts, and industry.	<a href="http://www.scmaf.org/">http://www.scmaf.org/</a>
<b>Southern California Municipal Athletic Foundation</b>	Youth sports competitions, coaching clinics and adult leagues throughout Southern California.	<a href="http://www.scmaf.org">www.scmaf.org</a>
<b>SPARK (Sports, Play and Active Recreation for Kids) Physical Education</b>	Sample lesson plans for physical education programs. Preschool through eighth grade plans available. On-site training is also available.	<a href="http://www.sparkpe.org">www.sparkpe.org</a>
<b>Sports 4 Kids</b>	The mission of Sports4Kids is to provide opportunities to enhance the health and well being of youth and communities. The resources section of this website has downloadable physical activity curricula, games and activities.	<a href="http://www.sports4kids.org">www.sports4kids.org</a>
<b>Team Up for Youth</b>	Team Up for Youth promotes the healthy development of young people by strengthening and expanding after-school sports programs, particularly those serving low-income neighborhoods.	<a href="http://www.teamupforyouth.org">www.teamupforyouth.org</a>
<b>Verb Crossover for Community based Youth Organizations</b>	Materials designed to help move students to action and make physical activity a natural part of everyday.	<a href="http://www.cdc.gov/youthcampaign">www.cdc.gov/youthcampaign</a>
<b>Verb Youth Medical Campaign</b>	This site includes resources and information to make physical activity "cool" for teens.	<a href="http://www.cdc.gov/youthcampaign/index.htm">www.cdc.gov/youthcampaign/index.htm</a>
<b>VERB-Centers for Disease Control and Prevention</b>	The VERB campaign encourages young people ages 9–13 (teens) years to be physically active every day.	<a href="http://www.cdc.gov/youthcampaign/">http://www.cdc.gov/youthcampaign/</a>
<b>Wellness Councils of America</b>	Fitness link.	<a href="http://www.welcoa.org/about.htm">www.welcoa.org/about.htm</a>

## Physical Activity Specific Resources

PROGRAM / ORGANIZATION	DESCRIPTION	WEBSITE
<b>Aerobics</b>		
<b>About Aerobics</b>	Aerobics and aerobic exercise fitness programs along with many other fitness related subjects such as diet and dance.	<a href="http://www.aboutaerobics.com/">http://www.aboutaerobics.com/</a>
<b>Turnstep Dictionary of Moves</b>	Aerobics dictionary of animated pictures and descriptions for many aerobics moves.	<a href="http://www.turnstep.com/Moves/index.html">http://www.turnstep.com/Moves/index.html</a>
<b>WebAerobics</b>	Information on Aerobics, books, certifications, fitness, health, instructors and nutrition.	<a href="http://www.webaerobics.com/wao/privatepolicy.html">http://www.webaerobics.com/wao/privatepolicy.html</a>
<b>Baseball</b>		
<b>BAM! Body and Mind</b>	Information from the Centers for Disease Control and Prevention - Baseball Activity Card	<a href="http://www.bam.gov/sub_physicalactivity/activitycards_baseball.html">http://www.bam.gov/sub_physicalactivity/activitycards_baseball.html</a>
<b>Little League Online</b>	Website for Little League for Baseball and Softball	<a href="http://www.littleleague.org/">http://www.littleleague.org/</a>
<b>Teaching Baseball to Kids</b>	Helping kids play America's favorite pastime.	<a href="http://www.recreate.com/Pages/articles/ssingle2.shtml">http://www.recreate.com/Pages/articles/ssingle2.shtml</a>
<b>Basketball</b>		
<b>BAM! Body and Mind</b>	Information from the Centers for Disease Control and Prevention - Basketball Activity Card	<a href="http://www.bam.gov/sub_physicalactivity/activitycards_basketball.html">http://www.bam.gov/sub_physicalactivity/activitycards_basketball.html</a>
<b>National Junior Basketball HQ</b>	California-based national youth organization with over 25,000 participants in 6 states.	<a href="http://www.njbl.org/">http://www.njbl.org/</a>
<b>Women's Basketball Online</b>	Women's Basketball Online is a comprehensive women's basketball site.	<a href="http://womensbasketballonline.com/">http://womensbasketballonline.com/</a>

<b>Bicycling</b>		
<b>Bicycle Federation</b>	Bicycling website	<a href="http://www.bikefed.org">www.bikefed.org</a>
<b>Bicycle Federation - Pedestrian Issues</b>	Bicycling website	<a href="http://www.prowalk.org">www.prowalk.org</a>
<b>Los Angeles County Bicycle Coalition</b>	The Los Angeles County Bicycle Coalition (LACBC) mission is to improve the bicycling environment and quality of life in Los Angeles County.	<a href="http://labike.org/">http://labike.org/</a>
<b>USA Cycling</b>	USA Cycling is the official cycling organization and is responsible for identifying, training and selecting cyclists to represent the United States in international competitions.	<a href="http://www.usacycling.org/">http://www.usacycling.org/</a>
<b>Cricket</b>		
<b>Los Angeles Social Cricket Alliance</b>	The mission of LASCA is to give as many people as possible the chance to play, but more importantly to make sure the game is played in a dignified and friendly manner, in keeping with the best traditions of cricket; to promote the game of cricket in the Los Angeles and Southern California area; and to encourage the development of good quality cricket grounds in Los Angeles and Southern California.	<a href="http://www.lasca.org/">http://www.lasca.org/</a>
<b>Southern California Cricket Association</b>	The mission of the Southern California Cricket Association is to promote, encourage, foster and cultivate interest in the game of cricket in Southern California.	<a href="http://www.sccacricket.org/">http://www.sccacricket.org/</a>
<b>Football</b>		
<b>BAM! Body and Mind</b>	Information from the Centers for Disease Control and Prevention - Football Activity Card	<a href="http://www.bam.gov/sub_physicalactivity/activitycards_football.html">http://www.bam.gov/sub_physicalactivity/activitycards_football.html</a>
<b>USA Football</b>	Find local leagues or learn how to start one.	<a href="http://www.usafootball.com/">http://www.usafootball.com/</a>
<b>Youth Flag Football Program City of L.A. Recreation and Parks</b>	The Department's Youth Flag Football program is offered at numerous Recreation Centers throughout the City of Los Angeles for girls and boys, ages 5-15 years.	<a href="http://www.laparks.org/dos/sports/flagfootball/youth_flagfootball.htm">http://www.laparks.org/dos/sports/flagfootball/youth_flagfootball.htm</a>
<b>Gymnastics</b>		
<b>USA Gymnastics</b>	USA Gymnastics is the national governing body for the sport of gymnastics in the United States.	<a href="http://www.usa-gymnastics.org/">http://www.usa-gymnastics.org/</a>
<b>Fencing</b>		
<b>U.S. Fencing Association</b>	Fencing website.	<a href="http://www.usfa.org">www.usfa.org</a>
<b>United States Fencing Association</b>	The mission of the USFA is to develop fencers to achieve international success and to administer and promote the sport in the USA.	<a href="http://www.usfencing.org/usfa/">http://www.usfencing.org/usfa/</a>
<b>Golf</b>		
<b>BAM! Body and Mind</b>	Information from the Centers for Disease Control and Prevention - Golf Activity Card	<a href="http://www.bam.gov/sub_physicalactivity/activitycards_golf.html">http://www.bam.gov/sub_physicalactivity/activitycards_golf.html</a>
<b>Children's Golf Foundation</b>	Children's Golf Foundation is dedicated to enriching the lives of	<a href="http://www.childrengolf.org/">http://www.childrengolf.org/</a>
<b>Tregnan Golf Academy</b>	The mission of the Tregnan Golf Academy is to successfully introduce the game of golf to youth and provide them with the skills, knowledge and confidence to play the game throughout their lives.	<a href="http://www.laparks.org/dos/sports/golf/tregnan.htm">http://www.laparks.org/dos/sports/golf/tregnan.htm</a>
<b>Handball</b>		
<b>Southern California Handball Association</b>	The site provides information about the sport of handball and offers an interactive map to locate handball facilities in Southern California.	<a href="http://www.handball.org/">http://www.handball.org/</a>
<b>Kayaking</b>		
<b>Lake Balboa Park Kayak Fitness Program</b>	Kayaks are made available to qualifying park patrons on a daily basis. Program participants must demonstrate swim skills and purchase a daily use pass.	<a href="http://www.laparks.org/dos/aquatic/balboa/kayak_fitness.htm">http://www.laparks.org/dos/aquatic/balboa/kayak_fitness.htm</a>
<b>Running/Jogging/Walking</b>		
<b>America on the Move</b>	A national initiative dedicated to helping individuals and communities across the nation make positive changes to improve health and quality of life. Offers a walking program with group coordination and logs.	<a href="http://www.americaonthemove.org">www.americaonthemove.org</a>
<b>American Running Association</b>	The American Running Association advocates for improving health through running.	<a href="http://www.americanrunning.org/">http://www.americanrunning.org/</a>
<b>Yoga</b>		
<b>Yoga ed.</b>	Yoga Trainings - Free PEP Funded Professional Development: Yoga Education Trainings. Learn effective class and behavior management skills, proven to enhance focus, fitness and learning. Come increase wellbeing and decrease stress! CEU Approved For Classroom Teachers, PE Teachers and for Teachers with Yoga Training. Stipends available after trainings. Various training dates in February - June. Location: The Accelerated School 4000 S. Main Street Los Angeles, CA 90037 For more information, please call (310) 471-1742	<a href="http://www.yoqaed.com">www.yoqaed.com</a>
<b>Water Polo</b>		
<b>Water Polo</b>	Water Polo website.	<a href="http://www.h2opolo.com">www.h2opolo.com</a>
<b>General Nutrition Resources</b>		
<b>PROGRAM / ORGANIZATION</b>	<b>DESCRIPTION</b>	<b>WEBSITE</b>
<b>American Council on Science and Health</b>	The American Council on Science and Health (ACSH) is a consumer education consortium concerned with issues related to food, nutrition, chemicals, pharmaceuticals, lifestyle, the environment and health.	<a href="http://www.acsh.org/">http://www.acsh.org/</a>

<b>American Academy of Allergy Asthma &amp; Immunology</b>	Learn about food allergies.	<a href="http://www.aaaai.org">www.aaaai.org</a>
<b>American Dietetic Association</b>	The ADA is the largest organization of food and nutrition professionals in the United States. You can find more in-depth information on any topic by using the site search engine or Find-a-Dietitian (listing of Registered Dietitians across the country).	<a href="http://www.eatright.org">http://www.eatright.org</a>
<b>American Society for Nutrition Science Research</b>	Organization for Nutrition Science Professionals. Information about nutrition.	<a href="http://www.nutrition.org">www.nutrition.org</a>
<b>American Society for Nutrition: Nutrition Science Research</b>	Information about health, nutrition, prevention, wellness.	<a href="http://www.healthfinder.gov">http://www.healthfinder.gov</a>
<b>Body Positive</b>	Consider ways to live a healthy life at any weight.	<a href="http://www.bodypositive.com">www.bodypositive.com</a>
<b>California Department of Education-Nutrition</b>	Resources and information related to child nutrition, nutrition education, food distribution programs, and the Child Nutrition and Physical Activity Advisory Council.	<a href="http://www.cde.ca.gov/ls/nu/">http://www.cde.ca.gov/ls/nu/</a>
<b>California Dietetic Association</b>	Registered dietitian referral service and a variety of articles for topics of interest available under "Food for Thought".	<a href="http://www.dietitian.org/">http://www.dietitian.org/</a>
<b>California Foundation for Agriculture in the Classroom</b>	The California Foundation for Agriculture in the Classroom works with K-12 teachers, and students to increase awareness and understanding of agriculture.	<a href="http://www.cfaitc.org/">http://www.cfaitc.org/</a>
<b>California Garden Clubs</b>	Learn how to garden or use your garden skills to plant plants at different locations in the area you choose.	<a href="http://www.cagardenclub.org">www.cagardenclub.org</a>
<b>California Healthy Kids Resource Center</b>	The California Healthy Kids Resource Center maintains a comprehensive collection of health education materials for use by teachers, administrators and university faculty.	<a href="http://www.californiahealthykids.org/c/@cQFhhv_lrf1c/Pages/index.html">http://www.californiahealthykids.org/c/@cQFhhv_lrf1c/Pages/index.html</a>
<b>California Network for Healthy Active Families</b>	The California Network is a partnership of over 200 public and private organizations seeking to achieve the goal of healthy California eating and increased physical activity. It is the state's largest network of its kind targeted towards limited income consumers.	<a href="http://www.cachampionsforchange.net/en/index.php">http://www.cachampionsforchange.net/en/index.php</a>
<b>California Project LEAN</b>	California Project Lean provides you with a wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity.	<a href="http://www.californiaprojectlean.org/">http://www.californiaprojectlean.org/</a>
<b>California School Garden Network</b>	Learn how to start and maintain a garden at school.	<a href="http://www.csgn.org">www.csgn.org</a>
<b>CanFit</b>	The California Adolescent Nutrition and Fitness (CANFit) Program is a statewide, organization whose mission is to engage communities and build their capacity to improve the nutrition and physical activity status of California's communities.	<a href="http://www.canfit.org/">http://www.canfit.org/</a>
<b>Center of Nutrition Policy Promotion</b>	Information about my pyramid, my kids pyramid, dietary guidelines, my pyramid tracker.	<a href="http://www.usda.gov/cnpp">www.usda.gov/cnpp</a>
<b>Centers for Disease Control and Prevention</b>	Information about the importance of good nutrition and how to make healthy eating a part of your life.	<a href="http://www.cdc.gov/nccdphp/dnpa/nutrition.htm">www.cdc.gov/nccdphp/dnpa/nutrition.htm</a>
<b>Centers for Disease Control and Prevention - Growth Charts</b>	Download the current growth charts. Information on data tables and educational materials.	<a href="http://www.cdc.gov/growthcharts">www.cdc.gov/growthcharts</a>
<b>Centers for Disease Control and Prevention - Nutrition Basics</b>	Do you ever feel like you can't keep up with the changes in technology? Sometimes it seems that way with dietary advice, as if things are always changing. While it's true that the fields of diet and nutrition are areas of evolving research, there are some basic concepts you can keep in mind. By knowing these basics, you will be better equipped to sort through nutrition research and dietary advice. Food Groups; Water; Dietary Fat; Carbohydrates; Protein; Vitamins and Minerals.	<a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/">http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/basics/</a>
<b>Dairy Council of California</b>	Dairy Council of California has been an innovator in nutrition education. The Dairy Council's free nutrition education programs for educators and health professionals.	<a href="http://www.dairycouncilofca.org/">http://www.dairycouncilofca.org/</a>
<b>Dietary Guidelines for American 2005</b>	Provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.	<a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>
<b>Eat Smart Play Hard</b>	Eat Smart. Play Hard. TM is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active.	<a href="http://www.fns.usda.gov/eatsmartplayhard/default.htm">http://www.fns.usda.gov/eatsmartplayhard/default.htm</a>
<b>FDA Kids Home Page</b>	This interactive website targets youth and provides excellent information on food, nutrition, food safety and health.	<a href="http://www.fda.gov/oc/opacom/kids/">http://www.fda.gov/oc/opacom/kids/</a>
<b>Food Allergy &amp; Anaphylaxis Network</b>	Learn about food allergies.	<a href="http://www.foodallergy.org">www.foodallergy.org</a>
<b>Food and Agriculture Organization</b>	Information about nutrition locally and around the world. Provides information about eating healthy and about hunger in different countries.	<a href="http://www.fao.org">www.fao.org</a>
<b>Food and Drug Administration</b>	Information about food labeling, safety of foods, calorie count, food allergies.	<a href="http://www.cfsan.fda.gov/">http://www.cfsan.fda.gov/</a>
<b>Food and Nutrition Information</b>	Learn about nutrition assistance programs.	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
<b>Food and Nutrition Information Center</b>	Information on the nation's food resources.	<a href="http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html">www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html</a>
<b>Food Stamp Nutrition Education Program of California</b>	The goal of the Food Stamp Nutrition Education (FSNE) is to improve the likelihood that persons eligible for the FSP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPyramid.	<a href="http://fsnep.ucdavis.edu/">http://fsnep.ucdavis.edu/</a>
<b>Food Survey Research Group</b>	Information about food survey research	<a href="http://www.barc.usda.gov/bhnrc/foodsurvey">www.barc.usda.gov/bhnrc/foodsurvey</a>
<b>Fruits and Veggies More Matters</b>	Information on the importance of fruits and vegetables, nutritional information, how to store and how to pick fruits and vegetables.	<a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a>

<b>Guide to Community Preventative Services</b>	Learn the effectiveness of selected population-based interventions aimed at promoting healthy growth and development in children and adolescents and support healthy weights among adults.	<a href="http://www.thecommunityguide.org/nutrition/default.htm">www.thecommunityguide.org/nutrition/default.htm</a>
<b>Harvest of the Month</b>	Harvest of the Month provides materials and resources to support healthy food choices through increased access and consumption of fruits and vegetables as well as encourage daily physical activity.	<a href="http://www.harvestofthemonth.com/">http://www.harvestofthemonth.com/</a>
<b>Healthy People 2010</b>	Healthy People 2010 is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats.	<a href="http://www.healthypeople.gov/">http://www.healthypeople.gov/</a>
<b>Hugs for Better Health</b>	Learn about diet free lifestyles.	<a href="http://www.hugs.com">www.hugs.com</a>
<b>International Food Information Council</b>	Information on food and safety, food allergies, dietary guidelines, glossary of food related terms.	<a href="http://www.ific.org">www.ific.org</a>
<b>Kids Health</b>	Kids can investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition.	<a href="http://www.KidsHealth.org">www.KidsHealth.org</a>
<b>Mayo Clinic: Tools for Healthier Lives</b>	Information about diseases, conditions, drugs, supplements, treatments, healthy living, look up answers from specialists.	<a href="http://www.mayoclinic.com">www.mayoclinic.com</a>
<b>Media Smart Youth</b>	Media-Smart Youth: Eat, Think, and Be Active! is an interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.	<a href="http://www.nichd.nih.gov/msy/msy.htm">http://www.nichd.nih.gov/msy/msy.htm</a>
<b>My Pyramid</b>	Learn about the food guidelines.	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>
<b>National Council Against Health Fraud</b>	Information about health misinformation.	<a href="http://www.ncahf.org">www.ncahf.org</a>
<b>National Gardening Association/Kids Gardening</b>	The National Gardening Association (NGA) is a nonprofit leader in plant-based education. Their programs and initiatives highlight the opportunities for plant-based education in schools, communities, and backyards across the country.	<a href="http://www.kidsgardening.com/">http://www.kidsgardening.com/</a>
<b>National Institute of Mental Health</b>	Facts about eating disorders and the search for solutions.	<a href="http://www.nimh.nih.gov/publicat/eating_disorders.cfm">http://www.nimh.nih.gov/publicat/eating_disorders.cfm</a>
<b>National Institutes of Health's National Center for Complementary and Alternative Medicine</b>	Learn about complementary and alternative medicine.	<a href="http://www.nccam.nih.gov">www.nccam.nih.gov</a>
<b>National Institutes of Health's Office of Dietary Supplements</b>	Get dietary supplement information.	<a href="http://dietary-supplements.info.nih.gov/">http://dietary-supplements.info.nih.gov/</a>
<b>National Library of Medicine</b>	Library of medical information.	<a href="http://www.nlm.nih.gov/">http://www.nlm.nih.gov/</a>
<b>North American Association for the Study of Obesity</b>	Research on the cause and treatment of obesity.	<a href="http://www.naaso.org">www.naaso.org</a>
<b>Nutrition.gov</b>	Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.	<a href="http://www.nutrition.gov/">http://www.nutrition.gov/</a>
<b>Powerful Bones</b>	Interactive website that provides innovative games and nutrition quizzes that promotes optimal bone health in girls.	<a href="http://www.cdc.gov/powerfulbones/games_fun/index.html">www.cdc.gov/powerfulbones/games_fun/index.html</a>
<b>Produce for Better Health Foundation</b>	Resource for fruit and vegetable marketing and education. Administers the "Fruits and Vegetables: More Matters" campaign.	<a href="http://www.pbhfoundation.org/">http://www.pbhfoundation.org/</a>
<b>PubMed</b>	Health related research articles.	<a href="http://www.pubmed.gov">www.pubmed.gov</a>
<b>Quack Watch</b>	Search on different sites for health related information.	<a href="http://www.quackwatch.com">www.quackwatch.com</a>
<b>Shape Down</b>	Get weight loss tips for children and adolescents.	<a href="http://www.shapedown.com">www.shapedown.com</a>
<b>Take Off Pounds Sensibly</b>	Weight loss support group.	<a href="http://www.tops.org">www.tops.org</a>
<b>Teen Health</b>	Great information for teens, kids and parents covering all aspects of health and fitness.	<a href="http://www.teenhealth.org">www.teenhealth.org</a>
<b>The California School Garden Network</b>	The Network's mission to create and sustain California school gardens to enhance academic achievement, a healthy lifestyle, environmental stewardship and community and social development.	<a href="http://www.csgn.org/">http://www.csgn.org/</a>
<b>The Food Stamp Nutrition Connection</b>	The Food Stamp Nutrition Connection (FSNC) is a resource system for Food Stamp Program nutrition education providers.	<a href="http://foodstamp.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=1&amp;tax_subject=244">http://foodstamp.nal.usda.gov/nal_display/index.php?info_center=15&amp;tax_level=1&amp;tax_subject=244</a>
<b>U.S. Department of Agriculture Food and Information Center</b>	Provides credible, accurate, and practical resources for nutrition and health professional, educators, government personnel and consumers.	<a href="http://www.nal.usda.gov/fnic">www.nal.usda.gov/fnic</a>
<b>U.S. Food and Drug Administration</b>	Information of the nation's food sources.	<a href="http://www.fda.gov">www.fda.gov</a>
<b>UC Berkeley Center for Weight and Health</b>	Nutrition information.	<a href="http://www.cnr.berkeley.edu/cwh">www.cnr.berkeley.edu/cwh</a>
<b>USDA Food and Nutrition Information Center</b>	The Food and Nutrition Information Center provides credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel and consumers.	<a href="http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1">http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1</a>
<b>USDA Food Surveys Research Group</b>	The Food Surveys Research Group monitors and assesses food consumption and related behavior of the U.S. population by conducting surveys and providing the resulting information for food and nutrition-related programs and public policy decisions.	<a href="http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-50-00">http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-50-00</a>
<b>USDA's Team Nutrition</b>	USDA's Team Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children.	<a href="http://www.fns.usda.gov/tn/Default.htm">http://www.fns.usda.gov/tn/Default.htm</a>

