

References and Sources

MyPlate

MyPlate is the current national nutritional guidelines published by the United States Department of Agriculture. Their website is the primary source of the materials found in this guide. Online materials and tools are crafted to target multiple audiences, including children, families and Spanish speakers.

www.choosemyplate.gov

We Can! (Ways to Enhance Children's Activity & Nutrition)

We Can! is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. The movement is sponsored by the U.S. Department of Health & Human Services. Science-based educational programs, support materials, training opportunities, and other resources are available to support programming for youth, parents, and families in the community.

<http://www.nhlbi.nih.gov/health/educational/wecan/> or call 1.866.35.WECAN

Champions for Change

California's movement on healthy eating and exercise habits. Features "Rethink Your Drink" information and materials. Some resources available in Spanish and Cantonese.

<http://cachampionsforchange.cdph.ca.gov/Pages/default.aspx>

Center for Nutrition Policy and Promotion

A comprehensive site of with the latest data, reports, publications and news releases on nutrition policy.

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