



Summertime is Family Eating Time –Make it Healthy

Healthy Eating: Finding Your Way to a Healthier You:
Based on the *Dietary Guidelines for Americans*

<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

Five of the best strategies to improve nutrition and encourage smart eating habits:

<http://kidshealth.org/parent/food/general/habits.html>.

Develop Healthy Eating Habits in Your Kids

<http://children.webmd.com/guide/kids-healthy-eating-habits>

Your Eating Habits

The Key To Your Success At Healthy Eating

<http://www.healthyeatingadvisor.com/eating-habits.html>

Healthy Lifestyle Tip Sheet - Establishing Healthy Eating Habits in Families

<http://www.helpstartshere.org/Default.aspx?PageID=1557>

Declare ‘peas’ in the healthy eating battle!

http://www.childrenfirst.nhs.uk/families/features/healthy_child/creating-healthy-eating-habits.html



FitFuture: Strategies for better living

5 Tips for Healthy Eating Habits from an Early Age

http://www.brownsburg.k12.in.us/corpschools/lunch/newsletters/fitfuture_vol2_issue11.pdf

Healthy Eating: A Guide for Teens

<http://www.youngwomenshealth.org/healthyeating.html>

Healthy Eating for Kids and Teens

Helping Your Kids Develop Healthy Eating Habits

http://www.helpguide.org/life/healthy_eating_children_teens.htm

Department of Food & Nutrition-Miami-Dade County Public Schools

<http://nutrition.dadeschools.net/>

Healthy Meal Planning Made Simple

<http://www.mealsmatter.org/>