

Healthy Families

1. The UT Extension Office operates in 95 counties in Tennessee to provide education to families on how to improve health and nutrition. Their webpage is full of information about overall health! Learn how to get active, make healthy recipes that taste yummy, and even grocery shop effectively. Whether you are looking to make changes to your family's health or consider your family's health to be in good standing this web page will have information for you!
[Healthy Families](#)
2. Eatright.org is powered by the Academy of Nutrition and Dietetics. This website offers a wide variety of resources! There is something for every age group on eatright.org. Expecting mothers, parents, seniors, and children can all find information beneficial to them. There is even a designated section for nutrition and kids! Fun lunch ideas, how to get your kids involved in the kitchen, and how to get your picky eater to try new foods are some of the topics that this site has to offer.
[Eatright.org - Academy of Nutrition and Dietetics](#)
3. Myplate.gov is a website ran by the United States Department of Agriculture. Do you ever wonder if you or your family is eating the right amounts of each food group? This website can help you find out! There are tools, resources, and recipes available to make sure your family is receiving the nutrients they need. This website provides resources for every stage of life.
[MyPlate | U.S. Department of Agriculture](#)
4. EatingWell.com provides information on how to eat healthy in many different ways. There is information on lots of special diets, diabetes, and fun news articles that relate to healthy eating. This website also includes meal plans, which makes grocery shopping cheaper and food waste minimal!
[EatingWell: Healthy Recipes, Healthy Eating](#)
5. Fda.gov/food is run by The United States Food and Drug Administration. This website contains important information like foods that have recalls, outbreaks of bacteria, and emergencies. This site can also teach you how to read a nutrition label! What is really in the food you and your family is eating? [Food | FDA](#)
6. The Tennessee Department of Health provides Nutrition information on tn.gov/health. Information about managing diabetes, healthy eating, exercise, and even a forum where you can ask questions to a dietitian! This website is a one-stop shop for all things nutrition. [Nutrition \(tn.gov\)](#)