

MISD Student Nutrition Department

Want an easy and fun way of finding the latest on health and nutrition? Get your kids and surf through any of the following links and enjoy finding new and healthy recipes, articles and information on health and nutrition for you and your family.

- Eat Healthier with Rachel Ray www.yum-o.org
- Tips for Eating Well www.eatingwell.com
- Texas Association for School Nutrition www.tsfsa.org
- USDA Team Nutrition – www.fns.usda.gov/tn
- Eat Smart, Play Hard - www.fns.usda.gov/eatsmartplayhard/
- School Nutrition Association – www.asfsa.org
- American Dietetic Association – www.eatright.org
- Action for Healthy Kids - www.actionforhealthykids.org
- BMI (body mass indicator) calculator - www.nhlbisupport.com/bmi/
- Dole 5-A-Day – www.dole5aday.org
- Kids Health for Kids – www.kidshealth.org
- Kids Nutrition - www.kidsnutrition.org/resources/kids.html
- Texas Department of Agriculture's **Square Meals** – www.squaremeals.org

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