

Healthy Eating Websites for Teens



For Young Women

Girls Health

Office on Women's Health,
U.S. Department of Health and Human Services
www.girlshealth.gov

Information for girls ages 10–16 on nutrition, exercise, feelings, relationships, puberty, illness and disability, bullying, drugs, alcohol and smoking.

Young Women's Health

Center for Young Women's Health, Boston Children's Hospital
www.youngwomenshealth.org

Information for young women on nutrition, fitness, sexuality and gynecology, puberty and development, and emotional health. (In English and Spanish.)

For Young Men

Young Men's Health

Boston Children's Hospital
www.youngmenshealthsite.org

Information for young men on nutrition, fitness, sexuality, puberty and development, and emotional health. (In English and Spanish.)

For All Teens

Go Ask Alice!

Columbia University
<http://goaskalice.columbia.edu>

Answers to young people's questions on six topics: alcohol and other drugs, emotional health, fitness and nutrition, general health, relationships, and sexual/reproductive health.

TeensHealth

Nemours Foundation
<http://kidshealth.org/teen>

Articles for teens on many topics, including physical health conditions, mental health, sexual health, exercise, nutrition and recipes, and drugs and alcohol. (In English and Spanish.)

Healthy Eating

Calculate Your Body Mass Index

Centers for Disease Control and Prevention
www.cdc.gov/healthyweight/assessing/bmi/index.html

Tool that allows you to input your height and weight to calculate your body mass index (BMI)—a reliable way to screen for weight problems.

Healthy Eating for Teens

U.K. National Health Service
www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx
Simple guidelines on what to do and not to do for healthy eating.

The Nutrition Source: Knowledge for Healthy Eating

Harvard School of Public Health
www.hsph.harvard.edu/nutritionsource
Information on what to eat, what not to eat, and why.

Nutrition: In the Kitchen with Carole

Kaiser Permanente
<https://members.kaiserpermanente.org/redirects/listen>
Audio podcast on the basics of a healthy diet. It takes you through a "refrigerator/freezer tour" and a "pantry/cupboard tour" to explain what to have (and not to have) in your house.

Portion Distortion!

National Heart, Lung, and Blood Institute
<http://hp2010.nhlbihin.net/portion>
A fun quiz that helps you to learn how portion sizes have increased over the past 20 years.

Planning a Healthy Meal

ChubbyGrub

<http://chubbygrub.com>
A searchable database with information on calories, fat, carbs and other nutrition facts for the food at McDonalds, Burger King, KFC, Applebee's, Panera Bread and other restaurants.

Easy Meals and Snacks: A Healthy Cookbook for Teens

California Department of Public Health
www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Pages/EasyMealsandSnacks.aspx
A free cookbook for teens with meal-planning tips, healthy recipes and fitness tips to encourage them to make healthy food choices. (In English or Spanish.)

Healthy Snacks for Teens

WebMD.com
<http://teens.webmd.com/features/healthy-snacks-for-teens>
Ideas for healthy snacks.

Healthy Eating Websites for Teens



Healthy Snacks—100 Calories or Less

We Can! National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/hundredcalories.pdf

A list of healthy snacks that are 100 calories or less.

My Plate Planner

New York City Department of Health and Mental Hygiene

www.nyc.gov/html/doh/downloads/pdf/csi/obesity-plate-planner-13.pdf

A downloadable graphic that shows you how much protein, carbohydrates, vegetables and fruit should be on your plate at each meal.

Reading Food Labels 101

Alliance for a Healthier Generation

www.healthiergeneration.org/parents.aspx?id=1856

Explanation of the different sections of the nutrition fact panel on food labels.

Track Your Progress (Websites and Apps)

Lose It!

www.loseit.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

My Fitness Pal

www.myfitnesspal.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.