

## General Nutrition and Physical Activity Resources:

- American Cancer Society in Marin: [www.marin.org/comres/health.cfm?TOrgID=939](http://www.marin.org/comres/health.cfm?TOrgID=939)
- American Diabetes Assoc: [www.diabetes.org/](http://www.diabetes.org/)
- American Dietetic Association: [www.eatright.org](http://www.eatright.org)
- American Heart Assoc: [www.americanheart.org](http://www.americanheart.org) > healthy lifestyles
- Bay Area Nutrition & Physical Activity Collaboration: [www.banpac.org](http://www.banpac.org)
- California Dept. of Health Services/Cancer prevention & Nutrition Section: [www.dhs.ca.gov/ps/cdic/cpns/](http://www.dhs.ca.gov/ps/cdic/cpns/)
- Dairy Council: [www.dairycouncilofca.org/](http://www.dairycouncilofca.org/)
- Dietary Guidelines for Americans [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/)
- Environmental Education Council of Marin (EECOM): [www.eecom.net/](http://www.eecom.net/)
- Marin Farmer's Market: [www.marincountyfarmersmarkets.org/](http://www.marincountyfarmersmarkets.org/)
- Five a Day, Tool Kit: [www.dhs.ca.gov/ps/cdic/CPNS/lat5aday/lat\\_resources.htm](http://www.dhs.ca.gov/ps/cdic/CPNS/lat5aday/lat_resources.htm)
- Harvest of the Month: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)
- Community Development Agency – County Wide Plan: [www.co.marin.ca.us/depts/CD/main/fm/index.cfm](http://www.co.marin.ca.us/depts/CD/main/fm/index.cfm)
- Healthy Marin Partnership: <http://healthymarinpartnership.org/>
- Kaiser Permanente: [www.kaiserpermanente.org](http://www.kaiserpermanente.org)
- KidsHealth: [www.kidshealth.org/kid](http://www.kidshealth.org/kid)
- Marin Food Stamps Program: [www.co.marin.ca.us/depts/HH/main/ss/public.cfm](http://www.co.marin.ca.us/depts/HH/main/ss/public.cfm)
- Marin Food Stamp Nutrition Education Resource Kit: [www.fns.usda.gov/fsp/outreach/tool-kits.htm](http://www.fns.usda.gov/fsp/outreach/tool-kits.htm)
- Marin County WIC Program: [www.co.marin.ca.us/depts/HH/main/hs/CHPS/Prevention.cfm](http://www.co.marin.ca.us/depts/HH/main/hs/CHPS/Prevention.cfm)
- Marin County Office of Educations: [www.marinschools.com](http://www.marinschools.com)
- MyPyramid: [www.mypyramid.gov](http://www.mypyramid.gov)
- Network for a Healthy California: [www.dhs.ca.gov/ps/cdic/cpns/network/](http://www.dhs.ca.gov/ps/cdic/cpns/network/)
- Non-Motorized Transportation: [www.walkbikemarin.org/](http://www.walkbikemarin.org/)
- Project Lean: [www.caprojectlean.org/](http://www.caprojectlean.org/)
- UC Cooperative Extension-Marin: <http://groups.ucanr.org/GIM/index.cfm>
- USDA: [www.fns.usda.gov/](http://www.fns.usda.gov/)
- YMCA-Marin: [www.ymcasf.org/Marin/index.html](http://www.ymcasf.org/Marin/index.html)

## **Feel the Difference! Eat Healthy! Be Active!**

### **7 Healthy Habits for Everybody**

#### **Feast on Fruits & Vegetables**

- 5 A Day: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- Project Lean: [www.caprojectlean.org](http://www.caprojectlean.org)
- Dole 5 A Day: [www.dole5aday.com](http://www.dole5aday.com) – section for teachers: lesson plans, songs – Spanish materials
- Dole 5 A Day Fruit & Vegetable Nutrition Fact Chart: [www.dole5aday.com/ReferenceCenter/NutritionCenter/Chart/R\\_NutrChart.jsp](http://www.dole5aday.com/ReferenceCenter/NutritionCenter/Chart/R_NutrChart.jsp)
- Harvest of the Month: [www.harvestofthemonth.com/](http://www.harvestofthemonth.com/) - everything you could ever want to know...
- My Pyramid: [www.mypyramid.gov](http://www.mypyramid.gov) >inside the pyramid>fruits & >inside the pyramid>vegetables

#### **Move it! Improve it! Be Active**

- Tips for increasing physical activity for you and your family: [www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/PlayHard/playhardyourway.htm](http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/PlayHard/playhardyourway.htm)
- My Pyramid Physical Activity Tips: [www.mypyramid.gov/pyramid/physical\\_activity\\_tips.html](http://www.mypyramid.gov/pyramid/physical_activity_tips.html)
- Safe Routes to School: [www.saferoutesinfo.org/](http://www.saferoutesinfo.org/)
- Marin on the Move: [www.marinonthemove.org/](http://www.marinonthemove.org/)

#### **Supercharge Your Day! Eat Breakfast**

- Summary of benefits of eating breakfast: [www.onhealth.webmd.com/script/main/art.asp?articlekey=56413](http://www.onhealth.webmd.com/script/main/art.asp?articlekey=56413)
- Helping kids eat breakfast: [www.kidshealth.org/kid/stay\\_healthy/food/breakfast.html](http://www.kidshealth.org/kid/stay_healthy/food/breakfast.html)

#### **Be Fiber Fit! Eat Beans & Whole Grains**

- My Pyramid: [www.mypyramid.gov/pyramid/grains.html](http://www.mypyramid.gov/pyramid/grains.html)
- The Whole Grains Council: [www.wholegrainscouncil.org/](http://www.wholegrainscouncil.org/)
- Legumes: Using beans, peas and lentils instead of meat: [www.mayoclinic.com/health/legumes/NU00260](http://www.mayoclinic.com/health/legumes/NU00260)

### **Lighten Up on Sugar, Salt & Fat**

- Oils and solid fats: [www.mypyramid.gov/pyramid/oils.html](http://www.mypyramid.gov/pyramid/oils.html)
- Know your fats: [www.americanheart.org/presenter.jhtml?identifier=532](http://www.americanheart.org/presenter.jhtml?identifier=532)
- Cut down on Salt: [www.americanheart.org/presenter.jhtml?identifier=336](http://www.americanheart.org/presenter.jhtml?identifier=336)
- Dash Diet Online: [www.dashforhealth.com](http://www.dashforhealth.com)
- Healthy Restaurants: [www.healthydiningfinder.com/demo](http://www.healthydiningfinder.com/demo)
- Limit added sugars:  
[www.mypyramid.gov/pyramid/discretionary\\_calories\\_sugars.html](http://www.mypyramid.gov/pyramid/discretionary_calories_sugars.html)

### **Quench Your Thirst with Water**

- Water: How much do you need: [www.mayoclinic.com/health/water/NU00283](http://www.mayoclinic.com/health/water/NU00283)
- How soft drinks are harming America's health: [www.cspinet.org/liquidcandy/](http://www.cspinet.org/liquidcandy/)
- California Project Lean School Soda Report Card:  
<http://www.californiaprojectlean.org/Assets/1019/files/sodareport.pdf>

### **Power-Up – Follow the Food Pyramid**

- My Pyramid: [www.mypyramid.gov](http://www.mypyramid.gov)