

Nutrition~Fitness Hotlist

By: Sarkis Kel-Artinian

1. www.keepkidshealthy.com
Keepkidshealthy.com is developed by pediatrician, Dr. Vicent Iannelli. He developed this website because he could not provide enough basic information on children's health and safety during office visits. It is intended to be a supplement to advice from a doctor not a replacement.
Among the features that keepkidshealthy.com offers to parents are free parenting advice, online forums, info product recalls and pediatric news updated daily, an immunization schedule based on your child's date of birth, growth charts, asthma center (with customized peak flow calendars and action plans), breastfeeding center, a sophisticated baby name finder (which allows you to also enter multiple middle and last name to view different name combinations), a body mass index calculator to see if your kids are at risk of being underweight or overweight, height predictor, a lead poisoning screening quiz, plus info on kids nutrition, growth, development, common problems, diseases and conditions and infections in children.
2. <http://www.sunkist.com/5aday/>
Sunkist® has teamed up with [Produce for Better Health Foundation](#) to bring information on better snacking and better health through 5 A Day The Color Way.
3. <http://www.thechildhealthsite.com>
The Child Health Site focuses on saving children's lives and improving the quality of their health. Visitors to The Child Health Site can click on the "Help a Child - Click Here" button and, at no cost to them, generate funds paid by site sponsors. The majority of this funding goes to The Child Health Site's charity partners.
4. <http://www.intelihealth.com/IH/ih/IH/WSIHW000/408/408.html>
InteliHealth features Harvard Medical School's consumer health information. It contains information on symptoms and treatment for mental health, diabetes, asthma, allergy and more. It has a special section with health information and hints for good exercise for kids.
5. www.med.usf.edu/PUBHEALTH/GRANTS/PublicHealthKids.htm
[Public Health Just for Kids!](#) This site is made by high school students who are graduates of the 1998 Governor's Summer Program - "Public Health Possibilities." Although this site has been put together by kids, it has been checked by health organizations for accuracy.
6. <http://www.niehs.nih.gov/kids/home.htm>
The NIEHS Kids' Pages are produced by the Office of Management, [National Institute of Environmental Health Sciences](#) (NIEHS), National Institutes of Health, Department of Health and Human Services, as an informational and educational resource for all ages.
7. www.azcentrasl.com/health/kids
Read health and fitness coverage from The Arizona Republic, search databases for health and medication information, sign up for Buddy Check 12 and more in azcentral.com's health area. There is a special section about kids' health.
8. <http://www.uhftips.org/charge.html>
This web site is prepared by United Health Foundation to help users lead a healthier life by giving them access to evidence-based health information, allowing them to make informed health decisions for them and for their families.

8. [Food and Nutrition Topics from A to Z](#) –
The Food and Nutrition Information Center's web site provides a directory to credible, accurate, and practical resources for consumers, nutrition and health professionals, educators and government personnel. It includes information about Aids/HIV, Diabetes, Aging, Pregnancy, Adolescence, etc. Visitors can find printable educational materials, government reports, research papers and more.
9. <http://www.exerciseforkids.com/>
This site provides a fitness program designed just for kids ages 4 to 8. This 30 minute videotape features 10 original songs that provide positive messages on topics like nutrition, respect & a good night's sleep.