

Children's Blood & Cancer Resource Directory

Nutrition

[American Institute of Cancer Research](http://www.aicr.org) (AICR)
www.aicr.org 800-843-8114

By funding research, interpreting evidence, and sharing results with the public, AICR helps Americans realize that it's never too early and never too late to make choices that protect against cancer. The site's diet section provides information about nutrition and its role in fighting cancer, healthy recipes, and resources and publications on nutrition and cancer.

[Dietary Guidelines for Americans](http://www.health.gov)
www.health.gov 240-453-8282

Site provides general nutrition information including dietary and physical activity guidelines, as well as other resources and health news.

[My Plate](http://www.choosemyplate.gov)
www.choosemyplate.gov

The United States Department of Agriculture established this site, which provides general nutritional information and guidelines. Includes healthy eating tips, a SuperTracker to help plan, analyze and track diet and physical activity, and other helpful tools.

[ChopChop Magazine](http://www.chopchopmag.org)
www.chopchopmag.org 877-297-0962

ChopChop Kids, the publisher of ChopChop Magazine, is an innovative non-profit organization whose mission inspires and teaches kids to cook real food with their families. ChopChop's vision is to reverse and prevent childhood obesity and hunger. Site provides healthy recipes for children and families.

[National Heart, Lung & Blood Institute](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/) (NHLBI)
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/> 301-592-8563

The NHLBI provides global leadership for a research, training and education program to promote the prevention and treatment of heart, lung, and blood diseases and to enhance the health of all individuals so they can live longer and more fulfilling lives. Site provides general nutrition and physical activity information.

[Ellyn Satter Institute](http://ellynsatterinstitute.org) (ESI)
<http://ellynsatterinstitute.org> 608-318-1600

The ESI is named after Ellyn Satter, registered dietitian nutritionist and family therapist, and internationally recognized authority on eating and feeding. Ms. Satter pioneered the Satter Feeding Dynamics Model and the Satter Eating Competence Model and mentors both parents and professionals. Site covers appropriate feeding techniques, practices and strategies, and provides research articles, newsletters, and success stories on eating and feeding.