

Health Topics

Centers for Disease Control and Prevention <https://www.cdc.gov/> is an informational site for current health issues and topics.

National Institute of Health <https://www.nih.gov/health-information> from the U.S. Department of Health and Human Services has information on a variety of health topics.

KidsHealth <https://kidshealth.org/> from Nemours has a section for parents, kids and teens.

Nutrition and Exercise

Centers for Disease Control and Prevention – Division of Nutrition, Physical Activity and Obesity

<https://www.cdc.gov/nccdphp/dnpao/>

Choose My Plate <https://www.choosemyplate.gov/> from the U. S. Department of Agriculture provides practical information for building healthier diets.

FoodPyramid.com <http://www.foodpyramid.com/> is a hub for information on how to keep a healthy lifestyle.

Asthma and Allergies

Medline Plus from the National Institutes of Health and produced by the U. S. National Library of Medicine – asthma information <https://medlineplus.gov/asthma.html>

American Academy of Allergy, Asthma and Immunology – asthma information and allergy information.

<https://www.aaaai.org/conditions-and-treatments>

Diabetes

American Diabetes Association has information for parents and children on diabetes.

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/>

National Diabetes Education Program has information for parents and teens on diabetes.

<https://www.niddk.nih.gov/health-information/diabetes/overview>

Carb counting <https://drc.ucsf.edu/living-with-diabetes/diet-and-nutrition/understanding-carbohydrates/counting-carbohydrates/>

Reading labels <https://drc.ucsf.edu/living-with-diabetes/diet-and-nutrition/understanding-carbohydrates/counting-carbohydrates/learning-to-read-labels/>

Food Allergies

Medline Plus from the National Institutes of Health and produced by the U. S. National Library of

<https://medlineplus.gov/allergy.html>

National Institute of Allergies and Infectious Diseases, which is the lead institute at the National Institutes of Health for research in food allergy. <https://www.niaid.nih.gov/diseases-conditions/food-allergy>

Food Allergy and Research Education has information on many types of food allergies.

<https://www.foodallergy.org/life-with-food-allergies/food-allergy-101/what-is-a-food-allergy>