



INTERNET NUTRITION FOR TEENS

Helping You through the Internet Maze

Even in cyberspace, the old saying holds true: *If it sounds too good to be true, it probably is.* With so many nutrition-related sites on the Internet, it is difficult to sort through what is truthful and what is misleading.

The teen nutrition sites listed below were rated using the Tufts Nutrition Navigator (www.navigator.tufts.edu). The *Tufts University Nutrition Navigator* is an online rating and review guide that is designed to help you sort through the large volume of nutrition information on the Internet and find accurate, useful nutrition information you can trust. The following sites have been rated as “*Better than Most*” indicating that they contain accurate information from a trustworthy source.

Name of Site and Link	What’s it all about?
Dietitians of Canada www.dietitians.ca	Provides links to current and reliable Canadian nutrition guidelines and resources, as well as how to contact a dietitian in your area.
* TeenGrowth http://www.teengrowth.com	A team of health professionals answer your questions on a range of topics including weight management and eating disorders.
TeenNet www.cyberisle.org	An interactive site with chat rooms and bulletin boards for teen issues, including body image and healthy eating.
Health Canada -Youth http://www.hc-sc.gc.ca/english/for_you/youth.html	Provides information to help teens make informed health decisions. Includes topics on body image and healthy eating.
* Your Energy Wake-Up Call http://www.caprojectlean.org	This lively site offers interactive games, advice, and resources designed to help teens eat better and stay in shape. The energetic “Eat to Win” section includes recipes, information on fast foods, and an “Ask the Experts” column. Check “Get Physical” to see what kinds of activities count as light, moderate, and vigorous activity.
* Clueless in the Mall http://calcium.tamu.edu	This interactive site educates teenagers about the importance of eating enough calcium to avoid osteoporosis later in life. <i>Clueless</i> is designed as a virtual scavenger hunt and visitors are asked to answer a series of clues leading to different areas in the “Mall” where they can learn more about calcium. At the end of the “hunt,” visitors can print up a ‘certificate’ recording their calcium know-how.

<p>* iEmily.com http://www.iemily.com</p>	<p><i>iEmily</i> provides information for teen girls. The section “Healthy Eating” contains articles on eating well, weight management, and strategies for fitness. The information will empower girls to make better food choices, get active, give up on diets, and just eat for health. After reading “Fad Diets: Separating Fact From Fiction,” girls should be well armed to defend sound nutrition against some of the current best-selling weight loss plans. “Mining Your Body” talks about the importance of a well-balanced diet for getting all your vitamins and minerals and emphasizes the importance of calcium and iron, two minerals that often come up short in teens’ diets. <i>iEmily</i> also offers simple recipes.</p>
<p>* Sports & Nutrition–The Winning Connection http://www.urbanext.uiuc.edu/hsnut/index.html</p>	<p>This site offers advice to high school and college athletes on how to eat well and stay hydrated to maximize their athletic performance. The step-by-step format makes it easy for readers to get the basics on what (and what not) to eat before, during, and after competition. The “Pre-game Meal Planner” includes some good high-carbohydrate, low-fat food choices, as well as advice on how to eat well at all-day events and when traveling to a game.</p> <p><i>*Note that some of the information here—especially concerning sodium replacement after a hard workout—is geared toward serious athletes. Recreational athletes don’t necessarily need sports drinks or extra salt to replace sodium lost in sweat - most can stay well hydrated with plain water.</i></p>
<p>The National Eating Disorder Information Centre http://www.nedic.ca/</p>	<p>Provides basic information and resources on eating disorders. Includes a Question and Answer section and newsletters on a number of relevant topics. Also includes information for friends and family members on understanding and dealing with individuals suffering with an eating disorder. Also provides links to other sites on eating disorders and body image.</p>

* These sites have been developed in the United States so some of the information included is based on American guidelines and standards. Specifically, when reference is made to the Food Pyramid, please note that Canada and the United States have different food guides and categorize food differently. Please refer to **Canada’s Food Guide to Healthy Eating** as a reference. For your copy of Canada’s Food Guide to Healthy Eating or for other teen-specific resources, contact Region of Waterloo Public Health Resource Centre, 883-2256.

Note: Information on the Internet should not replace advice from your health care professional. Consult with him/her if you have special concerns related to your diet or health.