

Healthy Habits for Nutrition and Exercise

Online Resource List



NUTRITION

Websites



Academy of Nutrition and
Dietetics

kidsatrigh.org

View nutrition articles and tips
for parents. Check out recipes
and cooking videos.



Amy's Healthy Baking
Amyshealthybaking.com

Healthier alternatives to family
favorite recipes.



ChopChop Kids
chopchopfamily.org

Get kids cooking by teaching
them basic cooking skills.
View recipes that families can
make and enjoy together.



Cooking with Kids
cookingwithkids.org

Cooking with Kids educates and
empowers children and families
to make healthy food choices
through hands-on learning with
fresh, affordable foods.



Dr. Yum
doctoryum.org

View tons of recipes and ideas
for improving nutrition and
eating well.



Eat Fresh
eatfresh.org

EatFresh.org is funded by the
USDA's Supplemental Nutrition
Assistance Program (SNAP)
and contains information,
education and recipes to
promote healthy eating.



Parenting at Mealtime and
Playtime

pmp.ohioaap.org
View age and development-
focused resources about healthy
eating and activity from the
Ohio Chapter of the American
Academy of Pediatrics.



Produce for Better Health
Foundation in partnership
with the CDC

fruitsandveggies.org
Find fruits and vegetables on
a budget and learn shopping
and storage tips. Learn how
to plan, prepare and plant a
vegetable garden.



USDA Center for Nutrition
Policy & Promotion

myplate.gov

View affordable, family-
friendly recipes, build menus
and make shopping lists.
Collect favorite recipes to
create your own cookbook.



Waffles and Mochi
wafflesandmochi.org

This Netflix series, featuring the
Muppets and Michelle Obama,
introduces kids to a world of
healthy eating.

Mobile Apps



Calorie Counter –
MyFitnessPal
FREE
Apple & Android

Various in-app purchases
MyFitnessPal gives you access
to the biggest food database
available with accurate nutrition
facts for over 14 million foods.



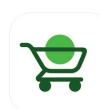
Eat & Move-O-Matic
FREE
Apple Only

Learn about the foods you eat
and how they help fuel your body
for your favorite activities. Use
the Eat & Move-O-Matic to make
new discoveries about your
favorite foods and get interesting
tips on how small changes can
make big differences.



Fooducate
FREE
Apple & Android

Various in-app purchases
Fooducate not only monitors
your food intake and exercise,
but also gives you suggestions
for healthy foods based on
the products you scan. The
app also tracks the quality of
calories, not just quantity.



ShopWell – Better
Food Choices
FREE
Apple & Android

Use the ShopWell bar code
scanner at home or in the
grocery store to scan foods
to find out if they are a good
match for your diet.

Websites



Cincinnati Children's HealthWorks!
cincinnatichildrens.org/healthworks-videos

View and participate in youth exercise videos created by the HealthWorks! team. We also offer nutrition resources and a series of healthy living videos that cover a variety of topics.



GoNoodle
gonoodle.com

Visit the website or download the app designed for grade school students to get them moving with short interactive activities. Turn screen time into active time.

Mobile Apps



Cosmic Kids Yoga
FREE
 Apple & Android

Fun yoga and mindfulness videos for kids aged 3 to 9.



Daily Workouts Home Trainer
FREE
 Apple & Android

Ten different 5 to 10 minute targeted workouts and 10 to 30 minute randomized full body workouts.



Kurbo by Weight Watchers
FREE
 Apple & Android

Various in-app purchases
 Kurbo uses one-on-one coaching to empower kids, teens and families to reach activity goals, breath away stress and learn to make positive food choices.



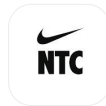
NFL Play 60
FREE
 Apple & Android

Run, jump, and turn with your screen to move your character through obstacles.



Nike Run Club
FREE
 Apple & Android

Track how far you walk or run. Stay on track no matter where you are; treadmill or streets.



Nike Training Club
FREE
 Apple & Android

Visual workouts hosted by athletes for 15–45 minutes. Some equipment is required for select workouts.



Simply Yoga – Home Instructor
FREE
 Apple & Android

Quick, guided home yoga routines with a yoga instructor.



SworKit Fitness & Workout App (Youth Workouts)
FREE
 Apple & Android

Work on a variety of workouts with videos for kids.



The 7 Minute Workout for Kids – ExactFitness
FREE
 Apple Only

A full-body 7 minute workout that helps develop strength, stability and balance through the use of exercise descriptions and pictures.

This is a general list of online resources for healthy eating and fitness. Cincinnati Children's Hospital Medical Center does not monitor the content of these websites and mobile apps. The information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Contact your medical provider with any additional questions.