



# Surf The Net

Your Guide to Current Dairy, Health and Nutrition Websites  
Making the Biggest Splashes on the Internet

[www.southeastdairy.org](http://www.southeastdairy.org) This site is

home to the Southeast's dairy product promotional organization. It offers current nutrition and dairy information for the whole family. There are dairy games for kids, trivia, recipes and more.



[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) "Surf" through the National Dairy Council Nutrition Clinic to find current research and nutrition information and download "Dairy Council Digest" and "The Calcium Counseling Resource."

[www.nutritionexplorations.org](http://www.nutritionexplorations.org) This National Dairy Council site offers exciting ways to help teach children about nutritious food and a healthy diet. Excellent teaching resources, classroom activities and kids games.



[www.whymilk.com](http://www.whymilk.com) Learn all about milk while checking out famous milk mustache celebs and experience your personal trainer. Get free brochures, enter contests and get information on events like the Milk Mustache Mobile.



[www.cyberdiet.com](http://www.cyberdiet.com) This site promotes healthy lifestyles through diet and nutrition, exercise and fitness, online E-counseling and much more.

[www.kidshealth.org](http://www.kidshealth.org) Medical experts from the Nemours Foundation created this interactive site that provides great information for parents, kids and teens.

[www.eatright.org](http://www.eatright.org) The American Dietetic Association site provides food and nutrition information from registered dietitians including "Hot Topic" fact sheets on a variety of subjects.

[www.eatsmart.org](http://www.eatsmart.org) Washington State Dairy Council's site features nutrition resources, tips, educational materials and a trivia game for kids.



[www.exhibits.pacsci.org/nutrition](http://www.exhibits.pacsci.org/nutrition)

From the Pacific Science Center and Washington State Dairy Council, the Nutrition Café exhibit is a great interactive site for kids and parents with fun nutrition education games and healthy eating tips.

[www.healthychoices.org](http://www.healthychoices.org) Created by the growers of Washington State Apples, this site provides nutrition education and healthy eating activities for kids, parents, students and teachers. Also available in Spanish.



[www.moomilk.com](http://www.moomilk.com) A fun site for kids and adults where you can learn more about milk and cows, and even take a virtual dairy tour!



[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic) The Food and Nutrition Information Center includes food and nutrition resources for teachers, consumers and school foodservice personnel. Contains information on food composition, Dietary Guidelines, the Food Guide Pyramid and more!



[www.nutritionforkids.com](http://www.nutritionforkids.com) This "24 Carrot Press for Children" addresses a variety of nutrition-related parenting topics through the "Feeding the Kids" newsletter. It is also helpful to children, parents and educators.



[www.usda.gov/cnpp](http://www.usda.gov/cnpp) This site by the United States Department of Agriculture features an interactive Healthy Eating Index, Food Guide Pyramid information, recipes, video archives, links, and more.



[www.3aday.org](http://www.3aday.org) Site for moms, health professionals, etc.. Contains recipes, promotions, and downloadable information. While there, sign up to be a "3 A Day of Dairy™ Mom."

