

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.

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

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

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

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

Reading labels <https://dtc.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>

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

[Homepage - FoodAllergy.org](http://www.foodallergy.org)

Water Safety

Water Safety Information from the CDC Healthy Schools

<https://www.cdc.gov/healthyschools/bam/safety/water-safety.htm>