

# Websites for Parents for Healthy Eating

There are a lot of great resources online to learn about healthy eating, and especially many useful websites. Healthy eating is clearly related to positive psychological adjustment for children. We have put together a selection of some of the best websites and articles on the Internet, with lots of information on learning about healthy eating habits, nutrition, and more. Check out the links below, which are updated regularly by our team at South County Child and Family Consultants.



[Nutrition and Healthy Eating](#): South County Child and Family Consultants has provided a nutrition page with fruitful information on different scenarios and how solving problems is more food related than ever. For parents.

Healthy Eating for Children: This resource gives healthy eating suggestions for the different age groups of youth and provides tips and suggestions for healthier lifestyles which ultimately lead to a healthier mind. For parents and teachers.

[Nutritional Outcomes](#): Healthy eating habits have proven to stabilize energy, sharpen the brain and balance moods and this article provides tips and information on how parents can create a healthier lifestyle for their children. For parents.

[Living Well and Healthy Eating](#): This site breakdowns the benefits of eating healthy, meal essentials and gives a wide range of meal ideas for breakfast, lunch and dinner. For

parents.

Visit the [South County Child & Family Consultants](#) website for more great articles!