



## URI SNAP-ED

# Electronic Nutrition Resources

Not all nutrition resources are created equal! Websites or apps that may seem harmless may actually promote disordered eating and/or poor body image. It is important to choose resources that will keep kids healthy and happy in their bodies.

Here are some hints to help you determine whether an electronic resource is **“healthy”** or **“hurtful”**

### HEALTHY

- Promotes realistic goals
- Emphasizes feelings, food groups, and joyful movement
- Allows for all foods and food groups, and does not “shame” consuming certain foods
- Promotes balance over restriction
- Focuses more on creating healthy behaviors, rather than food shaming
- Evidence-based and from a reputable source

### HURTFUL

- Promotes unrealistic goals, or goals that are simply based on calories or weight
- Assumes that the user wants to/needs to lose weight
- Emphasizes calories in vs. calories out
- Imposes calorie limits
- Grades or ranks foods (ex: Uses letter grading scale, uses terms “good” or “bad” when referring to foods)
- Unproven and from an unknown source

# Recommended Resources

Here are some safe and healthy resources URI SNAP-Ed recommends for kids, teens, and college students

## APPS

### Start Simple with MyPlate



The MyPlate app encourages users to set realistic goals based on food groups rather than calories or weight. Nutrition education is embedded into the app, with tips to help users meet their goals.

**Appropriate for:** High school and college students

### Ate- Mindful Photo Food Diary



The Ate Food Journal app refers to itself as a “mindful food diary”. Instead of focusing on calories or weight changes, it asks the user to focus on how they feel after eating their meals. It provides a non-judgmental way to think more about what you are eating, and make food-related goals.

**Appropriate for:** High school and college students

### Plant Nanny



Plant Nanny encourages hydration by allowing users to “water” a virtual plant every time they take a sip of H<sub>2</sub>O

**Appropriate for:** Elementary and middle school students

## WEBSITES

### MyPlate Kids Place



MyPlate Kids Place has a variety of educational games and activities based on MyPlate nutrition curriculum.

**Appropriate for:** Elementary and middle school students

### PBS Kids- Healthy Habits



Health Habits offers a variety of different computer games. Some of which may be somewhat limited as to actual education, but others can be helpful and have nutrition education woven in.

**Appropriate for:** Elementary and middle school students