

## Useful Websites

### General nutrition:

New Zealand Nutrition Foundation

- <https://nutritionfoundation.org.nz/nutrition-facts> provides facts and figures on a range of nutrition topics – nutrients, vitamins, minerals, food groups

Nourish Interactive: simple nutrition dictionary:

<http://www.nourishinteractive.com/parents>

- Look for the Nutrition Dictionary under the Nutrition Tools tab (see below):



Teens health – food and fitness (<https://kidshealth.org/en/teens/food-fitness/>)

- information on a range of nutrition topics

### Fruit and vegetables:

- 5+ A Day (<https://5aday.co.nz/fruit-vegetable-info>)
  - information on individual fruit and vegetables including nutrition information
- Vegetables (<http://www.vegetables.co.nz/vegetables-a-z/>):
  - information on specific vegetables, nutrition, availability, buying, storing and so much more
- Fruit and veggies – more matters (<http://www.fruitsandveggiesmorematters.org/>): information on nutrition, health benefits, etc.
- Veggycation (<http://www.veggycation.com.au/>): nutrition and health benefit
  - information on many different vegetables