

The Community Nutrition Services Section has compiled this list of resources to support local agencies in their efforts to provide nutrition education to families participating in the North Carolina Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program.

Topics from the Nutrition Bite of the Month promotion are listed below, and link to website resources on the topic.

### Nutrition Education Topics:

#### Eating on a Budget

- [Healthy Eating on a Budget \(MyPlate\)](#)
- [6 Tips for Eating Healthy on a Budget \(Centers for Disease Control and Prevention\)](#)

#### Fiber

- [Eye on Nutrition: Fiber \(USDA WIC Works Resource System\)](#)
- [WIC Meals of the Month: Fiber Optics \(USDA WIC Works Resource System\)](#)
- [Kids Need Fiber: Here's Why and How \(American Academy of Pediatrics/healthychildren.org\)](#)

#### Food Groups/Healthy Eating

- [MyPlate.gov](#)
- [Nutrition and Healthy Eating \(USDA SNAP-Ed Connection\)](#)

#### Food Safety

Food and Drug Administration:

- [Food Safety for Mom to Be At-a-Glance](#)
- [Food Safety for Infants and Toddlers](#)
- [Partnership for Food Safety Education](#)
- [Seasonal and Holiday Food Safety \(Centers for Disease Control and Prevention\)](#)

#### Fruits and Vegetables

- [Fruits and Veggies \(Produce for Better Health Foundation\)](#)
- [Seasonal Produce Guide \(USDA SNAP-Ed Connection\)](#)

#### Healthy Eating Out

- [Dine Out/Take Out \(MyPlate\)](#)
- [Eating Out \(Centers for Disease Control and Prevention\)](#)

#### Healthy Snacking

- [Healthy Snacking \(MyPlate\)](#)

#### Heart Healthy Fats

- [Rethink Fats \(MyPlate\)](#)
- [Choose Healthy Fats \(Academy of Nutrition and Dietetics\)](#)

#### Importance of Breakfast

- [Healthy Breakfasts for Kids: It's All About Balance \(Food and Drug Administration\)](#)

#### Importance of Family Meals

- [Benefits of Family Mealtime \(Purdue University Extension – Nutrition Education Program\)](#)
- [Family Meals Small Investment Big Payoff \(Academy of Nutrition and Dietetics, Kids Eat Right\)](#)

#### Importance of Portion Size

- [Serving Size vs Portion Size – Is There a Difference? \(Academy of Nutrition and Dietetics\)](#)

#### Iron-Rich Foods

- [Eye on Nutrition: Iron and Vitamin C \(USDA WIC Works Resource System\)](#)
- [WIC Meals of the Month: Pumping Iron \(USDA WIC Works Resource System\)](#)

#### Meal Planning

- [Grocery Shopping \(MyPlate\)](#)
- [Meal Planning \(MyPlate\)](#)
- [Meal Planning, Shopping, and Budgeting \(USDA SNAP-Ed Connection\)](#)

#### Move to Low-Fat Milk

- [Move to Low-Fat or Fat-Free Dairy \(MyPlate\)](#)

#### National Nutrition Month (March)

- [Academy of Nutrition and Dietetics](#)

#### Nutrition Facts Label

- [The New Nutrition Facts Label \(Food and Drug Administration\)](#)
- [Health Educator's Nutrition Toolkit \(Food and Drug Administration\)](#)

#### Rethink Your Drink

- [Rethink Your Drink \(California Department of Public Health\)](#)
- [Healthy Drinks, Healthy Kids \(Healthy Eating Research\)](#)

#### Whole Grains

- [Whole Grains Council](#)

