

WEBSITES WITH HEALTHY RECIPES

All Recipes

<http://allrecipes.com>

Looking for recipes? You've come to the right place. Allrecipes has more than 40,000 free recipes—all created, tested, reviewed and approved by home cooks worldwide.

Discovery Health

http://discoveryhealth.foodfit.com/dh_recipe_search.asp

Discovery Health Media offers consumers the most reliable and credible health and medical information that can be found on linear television and beyond.

Food Fit

www.foodfit.com

FoodFit.com, part of The Health Central Network, was started in late 1998 in Washington, DC. Our mission then, and now, is to promote and enhance the health of consumers.

Kids Health

www.kidshealth.org/kid/recipes/index.html

KidsHealth is the largest and most visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use.

Mayo Clinic

www.mayoclinic.com/health/healthy-recipes/RE99999

Find hundreds of healthy recipes, including low-fat recipes, low-sodium recipes and heart-healthy recipes.