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Kids eat right.

How to Talk to Kids about Weight and Obesity.

The source was found in the internet, I found it because I was researching information about the importance to maintain a healthy weight for kids and teenagers, while researching this topic I tried to fine a credible and well established source and I came across the following website,

<https://www.eatrightpro.org/>

The information that I am using from this website was created *Published June 12, 2019 Reviewed May 2019 Reviewed by Taylor Wolfram, MS, RDN, LDN.*

The author or creator of the site is The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917 dedicated to helping the government conserve food and improve the public's health and nutrition during World War I. Today, the Academy represents credentialed practitioners, registered dietitian nutritionists, and other dietetics and nutrition professionals holding undergraduate and advanced degrees in nutrition As a leader in food and nutrition issues, the Academy provides expert testimony at hearings, lobbies Congress and other governmental bodies, comments on proposed federal and state regulations, and develops position statements on critical food and nutrition issues.

When learning about the author I discover that they have several publications and all related to the topic I am researching; I found very interesting many accredited professional are part of this organization and many of them contribute to the research and publications.

I was curious about other things i.e. what does it mean when a website has org domain? For a very long time I believed that meant that the website is sponsored or part of a governmental program; I learn that org domain extensions are used for businesses and org is more appropriate for nonprofit businesses; but that does not mean the organization is a nonprofit.

I believe this source has been created to gather and share the knowledge of many professionals and not only that to share this with the public and assist the government providing valuable nutritional information and help preserve good health.

The source puts forward the message of the importance of a healthy nutrition to help maintain good health.

I believe the source is credible because of the content and publications they produce and their purpose, the website is well put together and that makes me more curious to learn about how it started.