

Websites

- **www.myfitnesspal.com**: Food and exercise tracker with large food database. Has app for smartphones.
- **www.choosemyplate.gov**: Official website for the MyPlate system created by the USDA. Includes weight management, physical activity, healthy eating tips, sample menu, and recipes. Provides a food and exercise tracking system. Links to other reliable nutrition resources.
- **www.allrecipes.com**: Wide array of recipes which can be personalized.
- **www.fruitsandveggiesmorematters.org**: CDC website promoting fruit and vegetables. Contains recipe look up feature.
- **www.eatingwell.com**: Healthy recipes, meal plans for different calorie levels, menu planner, and blog.
- **www.cookinglight.com**: Healthy recipes, budget-friendly recipes, community section with blog, cooking 101 techniques and more.
- **www.sparkpeople.com**: Comprehensive website with food/exercise/weight tracker. Personalized programs, strong community feature with chats/blogs and motivational tools. Lots of recipes!
- **www.collagevideo.com**: Commercial website for exercise videos. Search for specific types of exercise videos, watch a 2-3 minute preview and order the DVD for delivery to your home.

Cookbooks

- “Eat What You Love,” by Marlene Koch
- “Eat More of What You Love,” by Marlene Koch
- “Eat What You Love Everyday,” by Marlene Koch
- “The Eating Well in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 minutes or Less,” by Jim Romanoff and the editors of Eating Well
- “The Essential Eating Well Cookbook: Good Carbs, Good Fats, Great Flavors,” by Pats Jamieson and the editors of Eating Well
- “Pillsbury Fast and Healthy Cookbook: Delicious Family Meals in 30 Minutes or Less,” by Pillsbury editors
- “Comfort Food Fix: Feel-Good Favorites Made Healthy,” by Ellie Krieger

Special Considerations

- **www.diabeticcooking.com**
- **www.diabetic-recipes.com**
- **www.nhlbi.nih.gov/health/health-topics/topics/dash**: Healthy eating guidelines proven to lower blood pressure.