

Online Nutrition Resources

www.eatright.org

American Dietetic Association: “Find a Registered Dietitian” by geographical location

www.nuthealth.org

Recipes and Resources → Download brochures → “Nutrition in every handful” handout

<http://www.mayoclinic.com/health/dash-diet-recipes/RE00089>

DASH diet recipes

<http://www.move.va.gov/Handouts.asp>

Handouts for the VA weight loss program “MOVE”

<http://www.healthydiningfinder.com/>

Geographical database of participating restaurants. Highlights healthy menu options--- includes nutrient breakdown.

<http://health.yahoo.net/experts/eatthis/>

Eat This, Not That! By David Zinczenko with Matt Goulding

<http://www.cardiosmart.org/default.aspx>

American College of Cardiology

<http://cspinet.org/nah/index.htm>

“Nutrition Action Healthletter” Includes selected archived articles

http://www.todaysdietitian.com/heart_health_index.shtml

Index of articles on Heart Health topics written by registered dietitians

<http://exercise.lbl.gov>

Lawrence Berkeley National Lab—online site to track your mileage as you virtually “travel” cross-country by walking/jogging/biking, etc

www.appforhealth.com

Blog written by two registered dietitians

www.Calorieking.com

Free searchable database for nutrient information

www.Sparkpeople.com

Free online food logging program

www.thedailyplate.com

Free online food logging program

<http://www.mypyramid.gov/>

USDA website for nutrition information—online logging programs, recipes, searchable database

http://www.dlife.com/diabetes-food-and-fitness/weight_management/tips_and_tools/rondinelli_jan06

Download a .pdf of “The Plate Method” handout

<http://www.heart.org>

American Heart Association