

Healthy Eating Websites for Adults



Healthy Eating Guidelines

Keep the Beat: Deliciously Healthy Eating

National Heart, Lung, and Blood Institute
<http://hp2010.nhlbihin.net/healthyeating>
Guidelines on how to prepare and cook healthy food, tips for parents, a children's food guide, and recipes for main courses, side dishes and snacks.

New Approaches to Diabetes and Heart Disease

Continuum Center for Health and Healing, Beth Israel Medical Center
www.healingchronicdisease.org
Information on how nutrition, mind–body therapy, acupuncture, spirituality and more can help manage diabetes and heart disease. (In English and Spanish.)

The Nutrition Source: Knowledge for Healthy Eating

Department of Nutrition, Harvard School of Public Health
www.hsph.harvard.edu/nutritionsource
Straightforward information on what to eat, what not to eat, and why.

Nutrition: In the Kitchen with Carole

Kaiser Permanente
<https://members.kaiserpermanente.org/redirects/listen>
This audio podcast takes you through a “refrigerator/freezer tour” and a “pantry/cupboard tour” to explain what to have (and not to have) in your house. Also listen to “In the Kitchen: Healthy Heart” for people with heart disease..

What Can I Eat? Living with Diabetes

American Diabetes Association
www.diabetes.org/food-and-fitness/food/what-can-i-eat
Information for people with diabetes on what to eat, what to drink, and tips for eating out.

Your Guide to Lowering Your Blood Pressure with DASH

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov/health/public/heart/hbp/dash
A description of the DASH (Dietary Approaches to Stop Hypertension) eating plan, including sample menus and recipes.

Before You Go Food Shopping

Calculate Your Body Mass Index

Centers for Disease Control and Prevention
www.cdc.gov/healthyweight/assessing/bmi/index.html
Enter your height and weight to calculate your body mass index (BMI) —a reliable way to screen for weight problems.

Portion Distortion!

National Heart, Lung, and Blood Institute
<http://hp2010.nhlbihin.net/portion>
A fun quiz that helps you learn how portion sizes have increased over the past 20 years.

Reading Food Labels 101

Alliance for a Healthier Generation
www.healthiergeneration.org/parents.aspx?id=1856
Explanation of the different sections of the nutrition facts panel on food labels.

Planning Your Meals

Diabetes and Meal Planning

Medline Plus, U.S. National Library of Medicine, and National Institutes of Health
www.nlm.nih.gov/medlineplus/tutorials/diabetesmealplanning/hm/index.htm
An audio tutorial that explains how to eat a healthy diet when you have diabetes.

Your Game Plan to Prevent Type 2 Diabetes

National Diabetes Education Program
http://ndep.nih.gov/media/GP_FatCal.pdf
A list of over 1,500 foods with complete information on calories and fat content.

My Plate Planner

New York City Department of Health and Mental Hygiene
www.nyc.gov/html/doh/downloads/pdf/csi/obesity-plate-planner-13.pdf
This image shows you how much protein, carbohydrates, vegetables and fruit should be on your plate at each meal.

Good Food on a Tight Budget: A Shopping Guide

Environmental Working Group
www.ewg.org/goodfood
A guide to the top 100 foods that are healthy and inexpensive, tips for eating well, recipes for meals and kids' snacks, and money-saving tools for tracking food prices and planning meals.

Heritage Food Pyramids—Latino, African and Asian Diets

Oldways Preservation Trust
<http://oldwayspt.org/resources/heritage-pyramids>
Food pyramids and eating guidelines that reflect the foods eaten in traditional ethnic diets.

Montefiore
Inspired Medicine

More Resources on Next Page...

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My Food Advisor

American Diabetes Association

<http://tracker.diabetes.org>

Type in the name of a food to see its nutritional information. Then click on "Find a Healthier Alternative" for a list of healthier options. The site also has many diabetes-friendly recipes.

When You Eat Out

ChubbyGrub

<http://chubbygrub.com>

Searchable database on calories, fat, carbs and other nutrition facts for the food at McDonalds, Burger King, KFC, Applebee's, Panera Bread and other restaurants.

Healthy Recipes Online

Recipes and Nutrition Center

American Heart Association

www.heart.org

Heart-healthy recipes for main courses, soups and salads, side dishes, appetizers and snacks, and desserts (click on "Getting Healthy" and then "Nutrition Center"). There are also guidelines for food shopping and cooking, eating out and snacking, managing your weight, and staying physically active.

Keep the Beat: Deliciously Healthy Eating Recipes

National Heart, Lung, and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating>

Six downloadable cookbooks with recipes that help you prepare favorite dishes in a heart-healthy way (lower in fat and sodium):

- *Heart Healthy Home Cooking African American Style*
- *Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables*
- *Keep the Beat Recipes: Deliciously Healthy Dinners*
- *Keep the Beat Recipes: Deliciously Healthy Family Meals*
- *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute*
- *When Delicious Meets Nutritious: Recipes for Heart Health*

Budget Bytes

<http://budgetbytes.blogspot.com>

This blog has simple, quick and affordable recipes. It lists the total price of ingredients for every recipe.

Diabetes-Friendly Recipes

Diabetic Gourmet Magazine

<http://diabeticgourmet.com/recipes>

Recipes for everything from appetizers to desserts, and for regional/ethnic cuisine and for holidays/special occasions.

Spark Recipes

SparkPeople.com

<http://recipes.sparkpeople.com/videos-home.asp>

This site streams free cooking videos. Browse through all the recipes to choose what you want to watch.

Weight Loss—Tracking Tools and Apps

Weight Management

Medline Plus, U.S. National Library of Medicine, and National Institutes of Health

www.nlm.nih.gov/medlineplus/tutorials/weightmanagement/htm/index.htm

An audio tutorial that explains what is a healthy weight, why we gain weight, and how to lose weight in a healthy way.

Lose It!

www.loseit.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

My Fitness Pal

www.myfitnesspal.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.