Nutrition and Recipe Resources

**Recommended Books:**
This list includes healthy tips and lifestyle approaches for managing your weight.


The Ten Habits of Naturally Slim People. Podjasek, Contemporary Books. 1998


**Recommended Cook Books:**
Check out your local library or bookstore for these popular cookbooks.


**Recipe Websites:**
These on-line resources have a variety of healthy recipes, menu ideas and meal planning tips.

- www.eatingwell.com
- www.weightwatchers.com
- www.cookinglight.com
- www.epicurious.com
- www.foodfit.com
- www.foodnetwork.com
- www.americanbean.org

**Diet Analysis and Food and Activity Tracking:**
Keep track of your intake and exercise using these on-line food diary tools. They also calculate the calories and other important nutrients in the food you eat.

- www.calorieking.com
- www.fitday.com
- www.choosemyplate.gov/supertracker
- www.myfooddiary.com

**Food Databases:**
Use these free, on-line resources to look up the nutritional content of foods.

- www.calorieking.com
- www.ars.usda.gov/ba/bhnrc/ndl
- www.myfitnesspal.com
- www.sparkpeople.com
- www.choosemyplate.gov
- www.nutritiondata.com
Other Resources:
These resources provide valid and up-to-date information on nutrition, physical activity and health.

www.acsm.org    www.eatright.org
www.americanheart.org    www.mayoclinic.com
www.calorieking.com    www.mayoclinic.com
www.cancer.org    www.shapeup.org
www.diabetes.org    www.webmd.com
www.nhlbi.nih.gov

Consider joining the National Weight Control Registry
Join the National Weight Control Registry if you are at least 18 years of age and have kept at least a 30 pound weight loss for one year or longer. This is the largest study of long-term successful weight loss maintenance. Given the belief that few people succeed at long-term weight loss, the NWCR was started to find and look at the traits of people who have succeeded at long-term weight loss.

Find out more online at www.uchsc.edu/nutrition/WyattJortberg/nwcr.htm. Click on the "National Weight Control Registry" link, then click on the "How to Join" link. You can also call 1-800-606-6927 for more information.

Teach Back:
What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 2/2015 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing HF#412.