**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 tools have a many healthy recipes, menu ideas and meal planning tips.

www.eatingwell.com  www.deliciousdecisions.org
www.cookinglight.com  www.wholegrainscouncil.org
www.epicurious.com  www.calorieking.com
www.foodfit.com  www.mealsmatter.org
www.foodnetwork.com  www.allrecipes.com
www.americanbean.org  www.myrecipes.com

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

www.calorieking.com  www.myfitnesspal.com
www.fitday.com  www.sparkpeople.com
www.choosemyplate.gov/supertracker  www.choosemyplate.gov
www.myfooddiary.com  www.loseit.com
**Food Databases**
Use these free, online resources to look up the nutritional content of foods.

- www.calorieking.com
- www.ars.usda.gov/ba/bhnrc/ndl
- www.nutritiondata.com

**Other Resources**
These tools provide valid and up-to-date information on nutrition, physical activity and health.

- www.acsm.org
- www.americanheart.org
- www.calorieking.com
- www.cancer.org
- www.diabetes.org
- www.eatright.org
- www.mayoclinic.com
- www.choosemyplate.gov
- www.shapeup.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. Since 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 to find out more.

**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 4/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#412.