Websites With Tools for Weight Management

Calorie King: Calorieking.com  
*Provides nutrition facts as well as recipes that include carbohydrate count*

Fit Bit: Fitbit.com  
*Mobile app that tracks weight, intake, activity and sleep*

Fit Day: FitDay.com  
*Food/exercise logs, iPhone app*

Food Facts: Foodfacts.com  
*Provides nutrition facts, ingredient list and allergen information as well as a “compare” tool to help make the best food choice*

Lose It!: Loseit.com  
*Food/exercise logs, also allows user to set goals around sleep, exercise, measurements*

My Fitness Pal: MyFitnessPal.com  
*Food/exercise logs, health calculators and smart phone app*

My Food Diary: Myfooddiary.com  
*Food/exercise logs, reports and a weight loss forum*

Spark People: Sparkpeople.com  
*Free weight loss program with calorie and fitness trackers, recipes and support*

Drinking Water by Chickpin  
*App available for mobile devices. Allows you to set an alarm as a reminder to drink water.*

Meal Planning Tools

Six o’clock Scramble: TheScramble.com  
*Subscription weekly meal planning service that provides menus, recipes and grocery lists*
Cooking and Healthy Eating Websites

All Recipes: AllRecipes.com/
Recipe database includes search by ingredient and nutrition information

American Diabetes Association: Diabetes.org/mfa

Calorie King: calorieking.com/

Cooking Light Magazine: CookingLight.com

Delicious Decisions: Deliciousdecisions.com

Eating Well Magazine: Eatingwell.com

Food Fit: Foodfit.com

LiveStrong: Livestrong.com
Site includes healthy recipes, a mobile calorie tracker and exercise and fitness tips.

Low Sodium Cooking: Lowsodiumcooking.com

Mayo Clinic: Mayoclinic.com/health/healthy-recipes/recipeindex

National Dairy Council: NationaldairyCouncil.org/

Nutrition Data: Nutritiondata.com
A resource for analyzing your own recipes

Web MD: WebMD.com/food-recipes