

## Websites With Tools for Weight Management

Calorie King: [Calorieking.com](http://Calorieking.com)

*Provides nutrition facts as well as recipes that include carbohydrate count*

Fit Bit: [Fitbit.com](http://Fitbit.com)

*Mobile app that tracks weight, intake, activity and sleep*

Fit Day: [FitDay.com](http://FitDay.com)

*Food/exercise logs, iPhone app*

Food Facts: [Foodfacts.com](http://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](http://Loseit.com)

*Food/exercise logs, also allows user to set goals around sleep, exercise, measurements*

My Fitness Pal: [MyFitnessPal.com](http://MyFitnessPal.com)

*Food/exercise logs, health calculators and smart phone app*

My Food Diary: [Myfooddiary.com](http://Myfooddiary.com)

*Food/exercise logs, reports and a weight loss forum*

Spark People: [Sparkpeople.com](http://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](http://TheScramble.com)

*Subscription weekly meal planning service that provides menus, recipes and grocery lists*

## Cooking and Healthy Eating Websites

All Recipes: [AllRecipes.com/](http://AllRecipes.com/)

*Recipe database includes search by ingredient and nutrition information*

American Diabetes Association: [Diabetes.org/mfa](http://Diabetes.org/mfa)

Calorie King: [calorieking.com/](http://calorieking.com/)

Cooking Light Magazine: [CookingLight.com](http://CookingLight.com)

Delicious Decisions: [Deliciousdecisions.com](http://Deliciousdecisions.com)

Eating Well Magazine: [Eatingwell.com](http://Eatingwell.com)

Food Fit: [Foodfit.com](http://Foodfit.com)

LiveStrong: [Livestrong.com](http://Livestrong.com)

*Site includes healthy recipes, a mobile calorie tracker and exercise and fitness tips.*

Low Sodium Cooking: [Lowsodiumcooking.com](http://Lowsodiumcooking.com)

Mayo Clinic: [Mayoclinic.com/health/healthy-recipes/recipeindex](http://Mayoclinic.com/health/healthy-recipes/recipeindex)

National Dairy Council: [Nationaldairycouncil.org/](http://Nationaldairycouncil.org/)

Nutrition Data: [Nutritiondata.com](http://Nutritiondata.com)

*A resource for analyzing your own recipes*

Web MD: [WebMD.com/food-recipes](http://WebMD.com/food-recipes)