

**Weight Loss Links:**

**Adult, Child and Teen Body Mass Index Calculator:**

[**http://www.cdc.gov/healthyweight/assessing/bmi/adult\_bmi/english\_bmi\_calculator/bmi\_calculator.html**](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

**American Heart Association: Healthy Eating, Physical Activity, Healthy Kids, Weight Management:**

[**http://www.heart.org/HEARTORG/HealthyLiving/Healthy-Living\_UCM\_001078\_SubHomePage.jsp**](http://www.heart.org/HEARTORG/HealthyLiving/Healthy-Living_UCM_001078_SubHomePage.jsp)

**Calculate Your Target Heart Rate:**

[**http://www.active.com/fitness/calculators/heartrate**](http://www.active.com/fitness/calculators/heartrate)

**Diabetes Life: Food and Fitness:**

[**https://www.supertracker.usda.gov/createprofile.aspx**](https://www.supertracker.usda.gov/createprofile.aspx)

**Eat Healthy Portion Distortion from Utah Department of Health:** [**http://www.checkyourhealth.org/eat-healthy/portiondistortion/pd\_visuals.php**](http://www.checkyourhealth.org/eat-healthy/portiondistortion/pd_visuals.php)

**Eating Well: Heart Healthy Recipes and Meal Plans:**

[**http://www.eatingwell.com/**](http://www.eatingwell.com/)

**15 Tricks to Save Money on Food and Still Eat Well:** [**http://www.eatingwell.com/article/16208/15-tricks-to-save-money-on-food-but-still-eat-well/**](http://www.eatingwell.com/article/16208/15-tricks-to-save-money-on-food-but-still-eat-well/)

**Fast Food Nutrition Facts:**

[**http://fastfoodnutrition.org/**](http://fastfoodnutrition.org/)

**Fat Secret: Nutritional Information:**

[**https://www.fatsecret.com/**](https://www.fatsecret.com/)

**Hand Guide to Portion Control:**

[**https://www.guardyourhealth.com/health-topics/nutrition/portion-size-guide/**](https://www.guardyourhealth.com/health-topics/nutrition/portion-size-guide/)

**Healthy Quick Meals:**

[**http://www.healthy-quick-meals.com/**](http://www.healthy-quick-meals.com/)

**How to Understand and Use the Nutrition Facts Label:**

[**http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm**](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm)

**Livestrong: Information on Food, Fitness and Health:**

[**http://www.livestrong.com/**](http://www.livestrong.com/)

**My Fitness Pal: Free Calorie Counter:**

[**https://www.myfitnesspal.com/**](https://www.myfitnesspal.com/)

**Spark People: No cost site includes food tracker, fitness videos/programs, answers and support from experts and peers:**

[**https://www.sparkpeople.com/myspark/loginpage.asp?whereFrom=%2Fmyspark%2Fmysparkstart%2Easp**](https://www.sparkpeople.com/myspark/loginpage.asp?whereFrom=%2Fmyspark%2Fmysparkstart%2Easp)

**USDA’s Supertracker: Free Calorie Limit Calculation and Food Plan for Weight Loss and Health:**

[**https://www.supertracker.usda.gov/createprofile.aspx**](https://www.supertracker.usda.gov/createprofile.aspx)

**Weight Watchers:**

[**https://www.weightwatchers.com/us/**](https://www.weightwatchers.com/us/)

**The Walking Site:**

**<http://www.thewalkingsite.com/beginner.html>**