

Health Facts *for you*

Weight Management: Nutrition and Recipe Resources

Recommended Books:

This list includes healthy tips and lifestyle approaches for managing your weight.

365 Days of Healthy Eating. Duyff. The American Dietetic Association. 2004.

Dieting for Dummies, 2nd Edition. Kirby. American Dietetic Association. 2004.

Eat, Drink, and Weigh Less. Katzen and Willett. Hyperion. 2006.

Eating Mindfully. Albers. New Harbinger Publications, Inc. 2003.

Eat Out, Eat Right: The Guide to Healthier Restaurant Eating, 3rd Edition. Warshaw. Agate Surrey. 2008.

Healthy Eating Everyday. Carpenter. Human Kinectics. 2005.

Intuitive Eating: A Revolutionary Program That Works, 2nd Edition. Tribole and Resch. St. Martin's Griffin. 2003.

Mindless Eating: Why We Eat More Than We Think. Wansink. Bantam Books. 2006.

Secrets of Feeding a Healthy Family, 2nd Edition. Satter. Kelcy Press. 2008.

The Best Life Diet. Greene. Simon & Schuster. 2006.

The College Student's Guide to Eating Well on Campus, 2nd Edition. Selkowitz. Tulip Hill Press. 2005.

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss. Young. Morgan Road Press. 2005.

Thin For Life: 10 Keys to Success From People Who Have Lost Weight and Kept it Off. Fletcher. Houghton Mifflin Co. 2003.

Volumetrics Eating Plan. Rolls. Harper Collins. 2005.

Your Child's Weight: Helping Without Harming. Satter. Kelcy Press. 2005.

Recommended Cook Books:

Check out your local library or bookstore for these popular cookbooks.

Cooking Light Complete Cookbook. Cooking Light Magazine. Oxmoor House. 2008.

More Healthy Homestyle Cooking. Tribole. Rodale Books. 2002.

New Dieter's Cookbook: Eat Well, Feel Great, Lose Weight, 3rd edition. Better Homes and Gardens. 2003.

Quick and Healthy Recipes and Ideas, 3rd edition. Ponichtera. Small Steps Press. 2008.

The New American Plate Cookbook. American Institute of Cancer Research. University of California Press. 2005.

Recipe Websites:

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

www.allrecipes.com

www.americanbean.org

www.calolive.org

www.deliciousdecisions.org

www.fruitsandveggiesmatter.gov

www.mealtime.org

www.thesoyfoodscouncil.com

www.wholegrainscouncil.org

www.calorieking.com (click link to Recipes & Articles)

www.channel3000.com (click link to Recipes)

www.foodtv.com (click link to Get Healthy)

www.mealsmatter.org (click link to Recipes & Meal Ideas)

www.myrecipes.com (click link to Healthy Diet)

www.mealsforyou.com (click link to Recipes or search by categories such as: weight loss, vegetarian, low-fat and sodium, quick and easy)

Diet Analysis and Food & 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.cyberdiet.com

www.fitday.com

www.mypyramidtracker.gov

www.myfooddiary.com

www.nutrawatch.com

www.myfitnesspal.com

www.sparkpeople.com

Food Databases:

Use these free on-line resources to look up the nutritional content of foods.

www.calorieking.com
www.nutritiondata.com

www.nal.usda.gov/fnic/foodcomp/

Other resources:

These resources 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.nhlbi.nih.gov

www.mayoclinic.com
www.mypyramid.gov
www.shapeup.org
www.webmd.com
www.wisconsinchallenge.org

(click link to Health Information Network and click on Health Information)

Do you need help managing weight in relation to your other medical conditions? Would you like a program individualized to your lifestyle? Are you having difficulty knowing how to begin? Is it difficult for you to stay motivated? Then we encourage you to meet with a registered dietitian at any of our locations listed below.

Nutrition Clinic Room L33
University Station
2880 University Avenue
Madison, WI 53705
(608) 263-5012

Nutrition Clinic Room 1296
UW Health West Clinic
451 Junction Road
Madison, WI 53717
(608) 265-7526

Nutrition Clinic Room 2085
UW Health East Clinic
5249 East Terrace Drive
Madison, WI 53718
(608) 265-0963

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