

# Wellness Resources

## **Tobacco:**

<http://www.alaskaquitline.com/>

<http://www.freedomfromsmoking.org/>

<https://www.facebook.com/cdctobaccofree/>

<http://www.lung.org/stop-smoking/join-freedom-from-smoking/freedom-from-smoking-online.html?referrer=https://www.google.com/>

## **Diabetes:**

Diabetes: A free 12 month program helping you learn to live well with diabetes.

[https://donations.diabetes.org/site/SPageServer/?pagename=LWT2D\\_English&loc=dorg\\_external-link&s\\_src=dorg&s\\_subsrc=external-link](https://donations.diabetes.org/site/SPageServer/?pagename=LWT2D_English&loc=dorg_external-link&s_src=dorg&s_subsrc=external-link)

American Diabetes Association, My Food Advisor: free online resource that allows you to explore over 5,000 foods for nutrition content and allows you to analyze your favorite recipes. <http://tracker.diabetes.org/>

National Diabetes Education Program Health Sense: interactive menu planner available as well as other free materials and information. [www.ndep.nih.gov/resources/diabetes-healthsense](http://www.ndep.nih.gov/resources/diabetes-healthsense)

Preventive diabetes program.

<http://alive.turnaroundhealth.com/>

Diabetes Prevention Program, Keeping Track Booklet: free print materials for tracking food intake and physical activity. <http://www.bsc.gwu.edu/dpp/lifestyle/keepingt.pdf>

Diabetes Prevention Program Fat Finder: free online resource that allows you to search over 1500 foods for fat and calorie grams

## **Nutrition & lifestyle change:**

Calorie King: free online food search feature; mobile smartphone application for calorie counting and nutrition information available for purchase. [www.calorieking.com](http://www.calorieking.com)

Recipe and nutrition calculator: <https://www.verywell.com/recipe-nutrition-analyzer-4129594>

<https://www.supertracker.usda.gov/bwp/index.html>

<https://www.supertracker.usda.gov/foodtracker.aspx>

<http://www.bsc.gwu.edu/dpp/lifestyle/fatcount.pdf>

Fit Day: free online weight loss journal; mobile application available for a fee.  
[www.fitday.com](http://www.fitday.com) [www.nutrawatch.com](http://www.nutrawatch.com)

Fit Watch: free printable and customizable food diary and physical activity tracker; requires registration with a username and password.  
<http://www.fitwatch.com/diary/fooddiary.html>

Livestrong: free food and fitness tracker; mobile application available for a fee.  
[www.livestrong.com](http://www.livestrong.com)

Lose It: free online food and physical activity tracking; free mobile application for smartphone.  
[www.loseit.com](http://www.loseit.com)

My Calorie Counter: free online eating and physical activity journal that includes BMI calculator, allows you to track calories, and search for over 45,000 foods; requires registration with a username and password. <http://www.my-calorie-counter.com/>

My Fitness Pal: free online resource that includes a recipe and nutrition facts calculator, basal metabolic rate calculator, and BMI calculator. <http://www.myfitnesspal.com/>

MyPlate— free print materials on nutrition education, using MyPlate, recipes, and sample menus. <http://www.choosemyplate.gov/tipsresources/printmaterials.html>

My Pyramid, Tracker: free online resource that allows you to assess your food intake and physical activity patterns; requires registration with a username and password.  
<http://www.mypyramidtracker.gov/>

Nutrition Data: Free online resource that allows you to search the database for nutrition content of foods and recipes, track your food intake, and share information with others.  
<http://nutritiondata.self.com/mynd/mytracking/welcome?returnto=/mynd/mytracking>

On Target Nutrition: free online resource that allows you to search foods, receive personalized reports, add foods and recipes, and record weight and exercise. You must register with a username and password. <http://www.ontargetnutrition.com/>

Spark People: free online site for tracking food and activity levels, calorie counter and meal plans available; reward system and feedback reports available.  
<http://www.sparkpeople.com/myspark/register.asp>

A daily text to help you thrive. You'll receive a daily message Monday through Friday with quotes, research-backed articles, actions you can take, and more to help you start your morning off right. <http://www.shinetext.com/>

Evidence Based health behavior change: <http://www.prochange.com/myhealth>

Keeps track of medication, lab results and vital sign.  
<http://mymedschedule.com/>